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HST rebate cheques are in the mail

TAX Revenue Canada will be mailing HST rebates to 6.6 million Ontario residents this week, even though the 13 per cent sales tax doesn't take effect until July 1.

Couples with combined incomes under $160,000 will be eligible for HST rebates totalling $1,000, while singles earning under $80,000 will qualify for $300.

The HST rebates will be sent in three instalments — or directly deposited into your account, depending on how you get your tax return — with the next payments in December and June 2011.

THE CANADIAN PRESS

Celebrity Buzz pg 30

A wedding fit for a spy

On the web
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Police still levying fines during Bike to Work Week

TRACEY TONG
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It's Bike to Work Week, but ironically, Caroline Gosselin may be less likely to cycle the few kilometres from her ByWard Market home to her work near Parliament Hill after yesterday.

The 27-year-old was biking — a mode of transport she favours at least a few times a week — to work when she was stopped by an Ottawa police officer.

She was astounded when he handed over not only a $35 ticket for riding her bicycle on the sidewalk at Wellington and Mackenzie, but issued her a warning for not having a bell on her bicycle.

Caroline Gosselin

Right after she was ticketed, Gosselin watched as several other cyclists were also ticketed for various other infractions.

It's not about the money, Gosselin said.

She said Bike to Work Week is about the city encouraging citizens to forgo their cars in favour of more sustainable modes of transportation, like bicycles.

"I find it ironic that the city wants us to bike to work, but they give us tickets for doing so," she said.

Although Gosselin has been cycling for years, she isn't comfortable with riding on a street as busy as Wellington during rush hour with cars, buses and taxis zipping by.

And because of where her work is located, she doesn't have the option of taking quieter streets to work.

Ottawa police, who are out doing bicycle enforcement as a part of Bicycle Safety Month, aren't trying to discourage people from cycling, said Ottawa police Const. Kathy Larouche.

"It's more educational rather than enforcement," said Larouche. "We're not looking to slap hefty fines on people. What we're looking to do is educate cyclists as to what the rules of the road are."

And whenever possible, officers will give a reduced fine under the city bylaw instead of a bigger fine under the province's Highway Traffic Act, she said.

Common infractions include riding on the sidewalk, not having a bell, not using hand signals and failing to obey signage.

Rapid transit plan may need to be scaled back

TIM WIECLAWSKI
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FUNDING The $600 million that the federal and provincial governments are each willing to commit to Ottawa's rapid transit network means that the city will have to look at options for scaling back on the $2.1-billion project, deputy city manager Nancy Schepers said yesterday.

The project cannot change too much, though, since the money was approved for the project that is currently on the table.

Some councillors have expressed interest in eliminating the tunnel or shortening the rail lines to run from Bayview to Hurdman.

However, since the environmental assessment for the conducted project was only considered the plan with a tunnel, any option without it would amount to hitting the reset button on the entire rapid transit file, said Schepers.

"Having surface rail is a different project," she said. "I would suggest that surface rail will not work with the volume of traffic we need to put through the downtown."

Without changes to reduce the cost of the project, the city can still afford its $900-million share without raising property taxes, said deputy treasurer Mona Monkman.

TIM WIECLAWSKI/METRO OTTAWA

With a delighted Mayor Larry O'Brien, right, at his side, Ottawa West-Nepean MP and Minister of Transport John Baird announced the federal government's $600-million commitment to the city's light rail rapid transit program yesterday. More coverage, page 3.

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Local

Mosaika lights up the Hill

The National Capital Commission gave its first look at the new sound and light show on Parliament Hill last night. Two years in the making, Mosaika: Canada Through The Eyes Of Its People, launches July 8 and tells the story of Canada, exploring its physical, historical and cultural landscapes through music, lighting effects and imagery projected onto the Centre Block of the Parliament Buildings. METRO OTTAWA

Feds commit to LRT with $600M

Biggest government investment in city empties coffers: Baird

TIM WIECLAWSKI
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"We're now putting all our eggs in one basket."
Minister John Baird

The federal government is on board Ottawa's light rail rapid transit project, but the city shouldn't expect to get any more funding for infrastructure projects from Parliament Hill.

Yesterday, federal Transport and Infrastructure Minister John Baird and Ottawa-Vanier MP Royal Galipeau announced they would be matching the province's $600-million commitment to the city's $2.1-billion LRT project.

This is the biggest investment the federal government has ever made in a project in Ottawa and essentially exhausts all the funds available through the Building Canada Fund, said Baird.

"We're now putting all our eggs in one basket, but now these are the only eggs left," he said.

The first phase of the light rail line will be a 12.3-km light rail running from Tunney's Pasture to Blair Road through a 3.2-km tunnel under downtown. Even with the commitment from the two senior levels of government, the city would still need to pay $900 million to complete the project.

Making that LRT project affordable will require some creativity, said Mayor Larry O'Brien, but he would not consider a surface rail option. "The tunnel is a fundamental part of the plan," he said.

Despite having to come up with nearly $1 billion of its own money for the project, Bay Ward Coun. Alex Cullen, the chair of the transit committee, said he was confident in the city's ability to cover those costs.

"This is a city that has a triple-A credit rating, better than that of the Province of Ontario, better than the Government of Canada," he said. "We'll certainly be taking another look at the design plan, but if we have to, we can pick up the difference."

The $2.1-billion estimate for the project includes the full cost of the land, which is standard in land exchanges between various levels of government.

City council will get an update from light rail planning staff on project elements, next steps and affordability today.

News in brief

CORRECTION A story headlined "Drug prices set to spike" published in the June 8 issue of Metro, provided incorrect information. In fact, generic drug prices in the province of Ontario are expected to drop July 1. Metro regrets the error.
METRO OTTAWA

SUBMITTED PHOTO

The Lansdowne Park design competition jury announced Design B yesterday as the winning proposal for the new urban space at Lansdowne Park.

Park jury picks 'beautiful' design

PROPOSAL The Lansdowne Park design competition jury announced Design B as the winning proposal for the new urban park space yesterday afternoon.

Win Place Show, by firm Phillips Farevaag Smallenberg, comes at a price tag of $68 million, but if suggested modifications, including eliminating a foot bridge, an artificial reversible island in the middle of the canal, and reducing stormwater management costs are made, the price could be lower.

In its decision, the jury said the design "reinstates the site as an important civic presence alongside the historic Rideau Canal." Jurors were pleased the plan respects "the heritage values and the full presence of the Aberdeen Pavilion, as it also successfully integrates the historic Pavilion within the park space and within the development area."

The design "is probably one of the most imaginative ... beautiful and intricate community parks," said urban planner George Dark.

The designer, Greg Smallenberg, "wants to bring rural Ottawa into the city, and he wants to have people ... understand the legacy of agriculture," Dark said.

The park offers a multitude of uses for many people, said Dark.

Council will vote on both the urban park design and Ottawa Sports and Entertainment Group's proposal for the new stadium and commercial complex at the end of the month.
TRACEY TONG/METRO OTTAWA

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Bus ridership, dissatisfaction both grow: Report

OC TRANSPO More transit riders are back riding buses than ever before, but there are still some hard feelings lingering from last year's strike. Yesterday, OC Transpo released its 2009 annual report, showing that while ridership is higher than ever, customer satisfaction has dipped to its lowest point in years.

OC Transpo had its highest ridership in history in December 2009, said Vincent Patterson, manager of performance at OC Transpo.
TIM WIECLAWSKI/METRO OTTAWA

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What's online today.

Blogs SpinDoctor on why BP's attempts at Gulf spill damage control were doomed from the start

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Top cop, councillor urge Ottawans to pay it forward

Ottawa police Chief Vern White and Coun. Eli El-Chantiry helped launch the Pay It Forward good deeds movement at St. Isidore Catholic School yesterday. METRO OTTAWA

Smart cards set for 2011

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TIM WIECLAWSKI/METRO OTTAWA

Jane Wright, director for the city's smart bus project, holds a sample of a smart card that OC Transpo hopes to put into service starting Dec. 1, 2011.

It will be another year and a half before OC Transpo riders will be able to use smart cards to pay the fare, but it will be worth the wait, said transit services general manager Alain Mercier.

Jane Wright, the director for the city's smart bus project, said they plan to introduce the smart cards for regular adult transit users on Dec. 1, 2011. By March 1, 2012, the system will be fully operational for all riders.

Ottawa will be using the PRESTO card system, which is currently being rolled out in the Greater Toronto and Hamilton areas.

Between now and March 2012, OC Transpo still has to purchase the hardware for the system, set up a vendor's network and test the system thoroughly to work out privacy and payment issues that come with converting from the current all-paper format to a virtual system.

When the system is fully functional, it will completely change the way people do business with OC Transpo, said Mercier.

Riders will be able to load their cards from home on their computers, which means no more hour-long lines at client centres at the beginning of each month, said Mercier.

The cards will also give OC Transpo a more accurate measure of the passengers boarding buses, which should lead to more efficient route scheduling down the road, he said.

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Poll suggests demand for Liberal-NDP alliance

A new poll suggests more than half of Canadians favour some sort of co-operation between the federal Liberals and New Democrats. But The Canadian Press-Harris Decima survey indicates there's no consensus on what form that co-operation should take. THE CANADIAN PRESS

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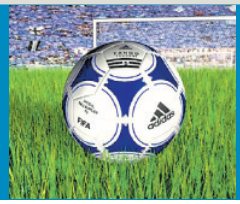

Canadian grass makes World Cup

Canada's soccer team didn't qualify for the World Cup in South Africa, but some of the country's best grass did. Pickseed, a company based in Lindsay, Ont., spent four years developing a special blend of grass that can withstand the stomping of soccer feet, regrow quickly and spread thickly. The blend has been chosen for the turf at the main soccer stadium in Johannesburg and at dozens of other practice fields and World Cup venues. THE CANADIAN PRESS

News in brief

STEM CELLS It's "irresponsible and despicable" that many overseas clinics are purporting to offer stem cell treatments for people with illnesses without any scientific evidence, says the head of Canada's Stem Cell Network. A study group report released yesterday by the International Society for Stem Cell Research aims to educate those who might be tempted, by providing criteria for people to evaluate claims made by hundreds of these so-called "rogue" clinics around the world.

TASERS The secretary general for Amnesty International Canada says while there have been great strides to improve stun gun use in Canada, there needs to be a strict set of national standards. Alex Neve said yesterday the federal government needs to show leadership to ensure new standards for use of the weapons apply to all police forces, and not just the RCMP.

THE CANADIAN PRESS

Virginia **How about a big kiss?**

SUSAN WALSH/THE ASSOCIATED PRESS

Liberal foreign affairs critic Bob Rae kisses Yasser Abbas, son of Palestinian National Authority President Mahmoud Abbas, during a news conference in Arlington, Va., yesterday. Rae met with his father, Mahmoud Abbas, to "make sure that we build some kind of momentum for a real two-state solution" for Israel and Palestine.

PM urged diplomat message track: Probe

Bottled Messages
Special Report

The long arm of Tory message control has reached around the world in an attempt to orchestrate virtually every public utterance by seasoned diplomats, from Britain to Bangladesh, an investigation by The Canadian Press concludes.

The secret to this unprecedented attempt to stage-manage Canada's most experienced high commissioners, ambassadors and diplomats is the Message Event Proposal — a finely developed information tool aimed at giving the Prime Minister's Office total control over communication.

MEPs obtained under the Access to Information Act reveal how Stephen Harper's office has employed the device to micromanage Canadian diplomacy in the United States, the United Kingdom, continental Europe, Asia and Africa.

Even the most able and trusted of Canada's foreign service officers have been subjected to strict controls by the PMO through its public service arm, the Privy Council Office. "There's no question it has a bit of a chilling effect on people, because they know that they have to avoid being off-message at all — and that's what the government wants," said one currently serving diplomat who spoke on condition of anonymity. A PCO spokeswoman has defended the government's use of MEPs, saying they are a tool for communication. The Prime Minister's Office has declined comment. THE CANADIAN PRESS

Ex-Afghan minister warns Taliban peace talks will shatter progress of women's rights.

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U.S. Senators looking to crack down on prepaid cellphones

Alarmed by the use of hard-to-track prepaid cellphones by terror suspects, two U.S. senators have introduced legislation requiring consumers to produce identification before buying such phones. Chuck Schumer, a Democrat, and John Cornyn, a Republican, are hoping to schedule hearings on the bill through the Judiciary Committee. THE ASSOCIATED PRESS

World

Yahoo signs Beckham

Yahoo Inc. said it signed British soccer star David Beckham as a brand ambassador ahead of the World Cup tournament in a move to draw more users to the online media company's products. Under the deal announced yesterday, Beckham will be featured on Yahoo websites and products exclusively before and after the World Cup, which begins in South Africa on Friday, as well as in company marketing. Financial terms of the deal were not disclosed. THE ASSOCIATED PRESS

Obama talks tough on oil spill

President gets animated after weeks of criticism over Gulf response

U.S. President Barack Obama says his talks with Gulf fishermen and oil spill experts are not an academic exercise. It's "so I know whose ass to kick."

One target for the presidential foot: Tony Hayward, the embattled chief executive of BP PLC.

Obama was asked by NBC Today show host Matt Lauer about Hayward's past comments that "I want my life back," that the Gulf was "a big ocean" and that "the environmental impact of this disaster is likely to be very, very modest."

"I don't sit around just talking to experts because this is a college seminar, we talk to folks because they potentially have the best answers — so I know whose ass to kick." U.S. President Barack Obama

"He wouldn't be working for me after any of those statements," Obama said, according to excerpts released by NBC.

The interview aired yesterday. It was part of a stepped up White House effort to show that Obama is actively engaged in dealing with the worst oil spill in U.S. history, and to distance itself from the London-based oil giant, formerly known as British Petroleum. Polls have shown a majority of Americans believe Obama was handling the crisis poorly.

Obama stepped up his rhetoric with NBC's Lauer while on a trip to Kalamazoo, Mich., to deliver a high-school commencement address.

In the interview, he strongly defended his role in dealing with the crisis, including his three visits to the region since the spill began.

"I was down there a month ago before most of these talking heads were even paying attention to the Gulf," Obama said.

Obama said he has talked to a variety of "experts" on the oil spill in addition to the fishermen.

"I don't sit around just talking to experts because this is a college seminar, we talk to folks because they potentially have the best answers — so I know whose ass to kick," the president said. THE ASSOCIATED PRESS

Scan this code or visit metronews.ca/world for an exclusive photo gallery from the Gulf Coast oil disaster.

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Lightning kills woman moments before proposal

NORTH CAROLINA A Tennessee man says he planned to propose to his girlfriend along a North Carolina hiking trail when she was struck and killed by lightning Friday.

Thirty-year-old Richard Butler of Knoxville tells the Asheville Citizen Times that he took Bethany Lott to Max Patch Bald, near Asheville. He says he wanted his 25-year-old girlfriend to think the two were on a hike but that he had a ring in his pocket and was planning to ask her to marry him.

Butler suffered third-degree burns from the lightning strike. Paramedics declared Lott dead at the scene. THE ASSOCIATED PRESS

News in brief

SOUTH AFRICA A doctor has launched a new female condom aimed at preventing rapes — and she plans to give away 30,000 for free before the start of the World Cup. The female condom, Rape-aXe, is covered by tiny hooks which, in case of rape, attach themselves to the attacker's penis. According to its creator the only way to remove the condom is in hospital where the man would be identified as a criminal. Also, unlike previous prototypes, it would not cut the attacker's skin, reducing the risk of HIV infection. Its inventor, Dr. Sonnet Ehlers, said she was inspired by a rape victim who told her "If only I had teeth down there." JOSEFINA SOLOMON/ METRO WORLD NEWS

Gaza Strip **Border lineups**

EYAD BABA/THE ASSOCIATED PRESS

A Palestinian girl sleeps on luggage as she waits to cross into Egypt at the Rafah border crossing in Gaza, yesterday. The opening of Gaza's border has hundreds crowding around officials to learn when, and if, they can cross into Egypt.

WHO boss denies conflict of interest over H1N1 drugs

FLU The head of the World Health Organization said yesterday that her decisions about the H1N1 virus, also known as swine flu, were not influenced by advisers' links to pharmaceutical companies, which were pointed out in a critical journal article this month.

The article last week in the BMJ, formerly known as the British Medical Journal, pointed out that WHO did not disclose potential conflicts of interest among some of the experts involved in writing guidelines for pandemic flu preparations. Three scientists out of 22 who worked on the guidelines were named as having received some money from pharmaceuticals. The scientists did not work at the drug companies, but were paid for things like speaking at meetings sponsored by them.

The guidelines recommend, among other things, that countries consider buying antivirals and vaccines to combat a pandemic.

"At no time, not for one second, did commercial interests enter my decision-making," WHO director-general Margaret Chan said. THE ASSOCIATED PRESS

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Comment

Barely treading water

TheWestView

This is the first time I've ever agreed with Chief Bloc Head Gilles Duceppe.

The indoor fake lake planned for the G8 summit in a Toronto media centre — right next to Lake Ontario — is indeed "one of the funniest things I've ever heard."

The only thing funnier was that photograph of Canada's national separatist wearing a shower cap at a cheese factory during the 1997 federal election. But I digress.

The fact that you and I are paying $2 million for the lake by the lake (complete with Muskoka chairs) as an amenity for international journalists who may be intimidated by a real lake and need to stay indoors is not so funny.

Nor is the estimated $2-billion price tag for both the G20 in Toronto and the G8 in the real Muskoka. That's a lot of money for a meeting (well, two meetings). Haven't these world leaders ever heard of Skype?

Especially when the meeting is about how to get out of the global financial glue. They should all be eating cheese sandwiches on park benches in Allan Gardens. The simple truth is they can't afford any more. The U.S. national debt alone is north of $13 trillion, which is 90 per cent of its GDP. Do you have any idea how much a trillion dollars is? Neither do I, but to go through it we'd have to spend $1 every second for the next 31,000 years.

"Maybe the fake lake is an appropriate symbol after all. We're all under water. And we have no idea how to get our heads back above the water line."

Or we could just get the U.S. government to do it for us: Washington will spend $1.6 trillion more than it makes in just one year.

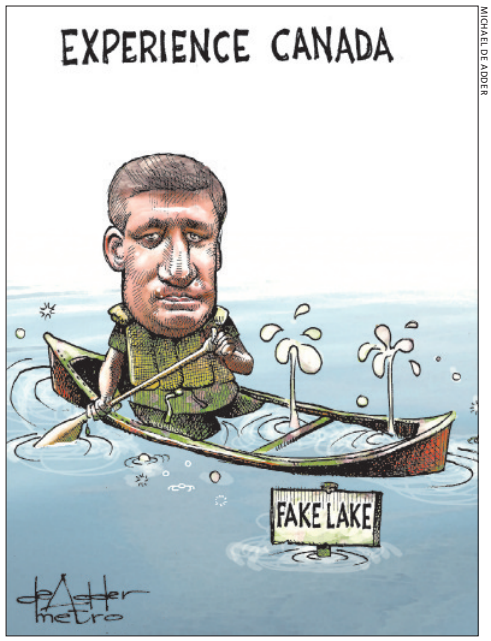
Canada's national debt is more modest — a mere $527.5 billion (and counting) but isn't it bad form for a bunch of bankrupt oligarchs to be throwing around the peasants' money on fake lakes when they should all be sent to bed without their suppers and no allowance for an entire month?

I realize the lion's share of the cost for the G8/G20 blowout is for security. Someone could fall into the fake lake, never mind the real one right next to it. But the Harper administration is sparing no expense to talk about the worst financial crisis since the Great Depression.

Maybe the fake lake is an appropriate symbol after all. We're all under water. And we have no idea how to get our heads back above the water line. Washington, for example, has started taking online donations. I kid you not: Check this out: www.pay.gov/paygov/forms/formInstance.html?agencyFormId=23779454.

Here in Canada, the Harper government doesn't bother to ask. It's enough to make a separatist smile.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.



MICHAEL DE ADDER

Word on the street: Will you be cheering for anyone at the start of the World Cup?

Brankica Brusin
Ottawa
A: Serbia, because it's my country of origin.

Paul Reed
Ottawa
A: Italy, because my dad supports Italy.

Nicole Pontes
Ottawa
A: Portugal, because of my nationality. And Cristiano Ronaldo is pretty sexy.

Zokpah Dahn
Halifax
A: I'd say Spain or Brazil. Spain has so many good players and one of the stronger leagues right now in Europe. I'm (also hoping) for a team from Africa to win. It's the first time for the World Cup in Africa.

Aisha Brown
Edmonton
A: I'll be cheering for France this year, because they are the best team ever. I like their strategies, the way they play and their good sportsmanship. They're just a good team altogether.

Luya Tshimbalanga
Vancouver
A: I'd like to see an African team win this year, perhaps Cameroon. This is a good year (for Cameroon's team); they have a lot of potential. They may not make the final but I hope they do well. I also like Brazil.

Worth mentioning

Canada ranks 14th in global peace index

Canada is 14th among 149 nations in the fourth annual Global Peace Index issued by the British-based Institute for Economics and Peace.

The think-tank says the world is a less peaceful place this year, largely due to a rise in crime and civil unrest fuelled by the global financial crisis.

But the London institute also says the risk of outright armed conflict appears to be falling.

The index is based on 23 indicators, ranging from military expenditure to relations with neighbouring countries and levels of violent crime.

New Zealand earned the top spot in the index for a second straight year and is one of only three countries in the top 10 to improve in peacefulness in the 2010 index. Iceland moved into the second spot, followed by Japan, Austria, Norway and Ireland. Iraq is 149th and last, just below Somalia and Afghanistan, and the United States was 85th.

$7T

The institute estimates violence is costing the global economy $7 trillion per year. It says a 25 per cent reduction in violence would save about $1.7 trillion per year, enough to pay off Greece's debt and help the European Union reach its 2020 climate and carbon goals.

The annual report says South Asia saw the greatest drop in peacefulness, largely due to increased involvement in conflicts, more deaths from internal conflict and human rights abuses.

Western Europe continues to be the most peaceful region, with the majority of the countries ranking in the top 20. All five Scandinavian nations rank in the top 10.

Iraq, Somalia and Afghanistan were the least peaceful countries for the second consecutive year.

THE CANADIAN PRESS

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GM announces massive recall
General Motors Co. announced yesterday a recall of about 1.5 million trucks, crossovers and cars from model years 2006 to 2009 due to a potential fire hazard. THE CANADIAN PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Report pushes feds to innovate

Put improvements before inventions: Think-tank

The Canadian government puts too much emphasis on invention, and not enough on innovation — even though the latter drives economic prosperity, according to a new report from a competitiveness think-tank.

Government policy tends to support inventions at the expense of improvements in existing products or processes that would provide value to consumers, says the provincially funded Institute for Competitiveness and Prosperity.

For instance, the latest federal budget increased funding for the research granting councils by $32 billion. Of this increase, $29 billion was directed to sciences and health research, and only $3 billion to social sciences and humanities, which would include business schools and executive management programs.

"We need science-based discovery as a foundation for innovation. But our prosperity is the result of business innovation that adds value to our day-to-day lives," said Roger Martin, chair of the institute.

The report argues against government cuts in education as a means to dealing with sky-high deficits. That was the approach Ottawa took in the mid-1990s, and it would be a mistake to do it again, the institute said.

Canada once invested in education at nearly the same per capita rate as the U.S., but has fallen behind by as much as 21 per cent.

"We must continue making investments in education to increase access for all Canadians to post secondary education, to raise the number of master's graduates, and to improve the classroom experience for students," the report said.

TORSTAR NEWS SERVICE

Hong Kong 'Bloody Apple'

VINCENT YU/THE ASSOCIATED PRESS

Protesters pray for the Foxconn workers who committed suicide next to a doctored cardboard cutout of Apple Inc.'s chief executive Steve Jobs at an Apple Inc. premium reseller in Hong Kong yesterday. Protesters picketed Foxconn's annual general meeting and targeted Apple retailers, accusing both the computer giant and its supplier of poor corporate ethics after a recent spate of suicides at Foxconn factories in China.

Construction slows as housing market cools

HOUSING New home construction slowed in May as the number of startups last month fell below economists' expectations — the latest indicator that Canada's once white-hot housing market is cooling off.

Canada Mortgage and Housing Corp reported yesterday that the annual rate of housing starts dropped last month, pegging the rate at 189,100 units in May, down from a revised 201,800 in April.

Douglas Porter, deputy chief economist at the Bank of Montreal, said May's figures were below expectations but "hardly a shock."

"The surprise so far in 2010 had been how quickly starts had ramped up from their depressed levels a year ago," Porter wrote in a note yesterday.

THE CANADIAN PRESS

Business in brief

TECHNOLOGY Google has admitted it "screwed up" and is giving European authorities the private data it accidentally collected with its Street View cars. The admission comes on the heels of Canadian Privacy Commissioner Jennifer Stoddart announcing an investigation into the same thing. The Street View images have been used to create street-level maps. Google chief executive Eric Schmidt said on Friday the company would start transferring the information this week. A spokeswoman confirmed the information would be sent to German, French and Spanish data-protection authorities. TORSTAR NEWS SERVICE

OIL The chief executive of Imperial Oil Ltd. says the massive spill from a BP oil well in the Gulf of Mexico will bring greater scrutiny to the industry in general, not just offshore producers.

THE CANADIAN PRESS

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Wozniak advances at Aegon Classic

Canadian Aleksandra Wozniak advanced to the second round of the Aegon Classic yesterday. Wozniak, the ninth-seeded player from Blainville, Que., did well to quell the serve-and-volley threat from Australia's Alicia Molik, winning 7-5, 6-1. THE ASSOCIATED PRESS

Sports

Messi not in Real Madrid's sights

Real Madrid president Florentino Perez says the club will buy two or three new players this summer, but definitely not Barcelona's Lionel Messi, left. Perez told Antena 3 TV that "Messi is the second-best player in the world after Cristiano Ronaldo. It wouldn't be a good thing if they were on the same team, that way there's better competition." THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Sports in brief

NBA Cavaliers owner Dan Gilbert refused to comment yesterday on reports he has offered a job to Michigan State's Tom Izzo and said superstar free agent LeBron James will not be consulted during the team's search for a new coach. Speaking at a news conference, Gilbert strongly refuted theories that James has had input on previous hires, the firing of coach Mike Brown and general manager Danny Ferry's recent departure.

NHL Scott Arniel is the new head coach of the Columbus Blue Jackets. The 47-year-old was the head coach of the Manitoba Moose of the American Hockey League for the past four seasons.

CFL Tickets for the 98th Grey Cup game in Edmonton this fall have sold out just one week after they went on sale. The CFL championship is being played Nov. 28 at Commonwealth Stadium, which seats more than 60,000. It's believed to be the fastest and earliest sellout of Grey Cup tickets on record.

HOCKEY Bodychecking more than triples the risk of injury and concussion in peewee hockey, according to a study conducted by the University of Calgary. Researchers compared rates of injury between peewee teams in Alberta and Quebec. Bodychecking is allowed at the peewee level in Alberta but not in Quebec.

TENNIS Andy Roddick began the chase for his fifth title at Queen's Club with a clinical 6-2, 6-1 defeat of Russian Igor Kunitsyn yesterday, joining defending champion Andy Murray in the third round. The fourth-seeded American fired 12 aces, faced just one break point and tied up victory in only 50 minutes.

METRO NEWS SERVICES

SCOREBOARD

BASEBALL

YESTERDAY'S AL RESULTS

Tampa Bay 9 Toronto 0
Boston 3 Cleveland 2
Detroit 7 Chicago White Sox 2
Minnesota 7 Kansas City 3
N.Y. Yankees 12 Baltimore 7
Texas 7 Seattle 1
L.A. Angels at Oakland

YESTERDAY'S NL RESULTS

Milwaukee 3 Chicago Cubs 2
N.Y. Mets 2 San Diego 1 (11 ings)
Philadelphia 10 Florida 8
San Francisco 3 Cincinnati 0
Washington 5 Pittsburgh 2
Houston at Colorado
Atlanta at Arizona
St. Louis at L.A. Dodgers

NHL PLAYOFFS

TODAY'S GAME

Chicago at Philadelphia, 8 p.m.

NBA PLAYOFFS

YESTERDAY'S RESULTS

L.A. Lakers at Boston

Flyers know what's at stake: Pronger

Veteran says he's focused on Game 6, not the past

Chris Pronger wore his usual relaxed manner and impish grin when he faced the media yesterday, as though the ugly numbers he put up in Game 5 of the Stanley Cup final never happened.

The Flyers defenceman was probably right to insist he didn't play that badly, despite going minus-5 and being on the ice for six of the Chicago Blackhawks' seven goals in a 7-4 victory that put the Flyers on the brink of elimination. On the other goal, he was in the penalty box.

One went in off his leg, another was blocked by his leg but went right to an opponent for a pass and a goal, another saw goalie Michael Leighton beat on a long shot that no defenceman could prevent.

So instead of dwelling on it, he's looking for the entire Philadelphia team to bounce back with a strong effort at home in Game 6 tonight (CBC, 8 p.m. ET) to try to force a decisive seventh game in Chicago two nights later. The Blackhawks lead the best-of-seven series 3-2.

"I've already started to focus on Game 6 and I'm not really worried about it," Pronger said of the Game 5 debacle, in which the speedy Blackhawks skated rings around the Flyers through the first period, then got timely goals as Philadelphia battled back.

"I don't know if you've watched much of the video but I have. There's not a whole lot you can do when a puck bounces off your shin pad and goes in the net — a couple of times. So I'm not worried. It could easily have gone the other way."

It usually does in Philadelphia, where the Flyers are 9-1 in the post-season.

White-gloved NHL officials will have the Cup in the Wachovia Centre ready to be presented to the Blackhawks if they win. That's motivation enough for the 35-year-old Pronger.

"I think we know what we're up against," he said. "They're trying to close us out and we're trying to get to a Game 7.

"Everyone in the locker-room understands what's at stake and what we need to do."

THE CANADIAN PRESS

ANDRE RINGUETTE/GETTY IMAGES

Michael Leighton of the Philadelphia Flyers pauses for a drink during practice yesterday in Philadelphia.

Leighton gets the nod

- Flyers coach Peter Laviolette ended any debate over who will start in goal in Game 6 by giving a public nod to Michael Leighton yesterday. Leighton was pulled from Game 5 after allowing three first-period goals.

Girl has surgery after being struck by line drive

BASEBALL A three-year-old girl whose skull was fractured by a line drive during batting practice at Dodger Stadium underwent surgery yesterday.

In a statement, officials from Children's Hospital Los Angeles said they expect Janelle Briseno will be well enough for release by the end of the week.

"The surgery went well and we anticipate a full recovery," said Dr. J. Gordon McComb, the hospital's head of neurosurgery.

The accident occurred Monday when Canadian catcher Russell Martin hit a line drive in the stands near third base, hitting the girl and knocking her unconscious, said Dodgers spokesman Joe Jareck. The girl was sitting with her father, who rushed her to the first-aid station. The fire department transported her to the hospital.

Jareck said batting practice continued, but Martin, from Chelsea, Que., was upset by the incident and has offered to pay for her medical expenses. Jareck said he did not have the girl's name.

THE ASSOCIATED PRESS

Strasburg dazzles in debut

BASEBALL Over-hyped? Are you kidding? Stephen Strasburg went beyond the hype — and anyone's reasonable expectations — by striking out 14 batters in his electric major league debut.

With a standing-room-only crowd cheering at every chance, the Washington Nationals phenom put on a dazzling display of power pitching last night in a 5-2 win over the Pittsburgh Pirates. His fastballs reached 100 m.p.h., and batters found his nasty curves nearly impossible to hit.

"I just wanted to go out and soak up everything. It only happens once and I've been waiting for this my whole life," Strasburg said.

Stephen Strasburg

Last year's No. 1 overall draft pick — the one with the record $15.1 million US contract — threw his first pitch 97 m.p.h. and got stronger as the game progressed. He struck out the last seven batters he faced, and all nine Pirates in the starting lineup fanned at least once.

The 21-year-old right-hander was pulled after seven innings and took a curtain call. He allowed four hits, two earned runs and didn't walk a batter, piling up the most strikeouts in a big league debut since J.R. Richard fanned 15 for Houston in 1971.

Karl Spooner also struck out 15 in his debut with the Brooklyn Dodgers in 1954. He and Richard are the only pitchers with more strikeouts than Strasburg in a major league debut since 1920 — and Spooner and Richard both had three walks.

Strasburg also tied Max Scherzer of the Detroit Tigers for most strikeouts in a game in the majors this season. Scherzer had 14 on May 30 against Oakland.

Strasburg was removed for a pinch hitter in the bottom of the seventh with a 4-2 lead.

THE ASSOCIATED PRESS

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$15 million for UCN The Pas campus expansion
The Manitoba government announced this week a $15 million investment in the University College of the North campus in The Pas, funding renovations to the existing campus and a new library and child-care facility. METRO NEWS SERVICES

Workology

No more credit cards for VIU tuition

Effective this September, Vancouver Island University will no longer accept credit card payments for tuition or for student union and activity fees. The cost to administer credit card payments at the university is over $420,000 per year, with credit card fees between $330,000 and $340,000 annually. VIU joins a number of Canadian institutions that have either stopped accepting credit cards for tuition payments or are considering such a policy. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Harness your fame

KEITH CARMAN
for Metro Canada

You're the new hotshot on the corporate block but nobody's heard of you? Maybe it's time to look at your promotional strategy.

Formulating a branding plan is the first rule of virtually every notable personality — from U.S. President Barack Obama to Ellen De Generes.

"The common thread of success among (celebrities) is the fame formula," notes Maggie Jessup, co-author of Fame 101, a book dedicated to professional success secrets. "They packaged their expertise into compelling personal brands, used Hollywood-level publicity to get visible and then promoted their brands to celebrity-hungry target communities."

Maggie and partner Jay Jessup know how celebrities become popular, rich and happy due to their experience in their own publicity/branding boutique, Platform Strategy. Everyone from start-up gurus and scientists to actors, authors, lawyers and royalty have utilized their services with great success.

Taking that experience to study the career models of 75 celebrities, the Jessups have boiled down branding's rudimentary aspects into Fame 101.

"People who promote and publicize their personal brand enjoy three strong benefits: Greater visibility, enhanced credibility and increased income," notes Jay, reiterating that victory relies on creating a familiar, friendly visage.

You can maintain publicity by being snappy and entertaining, write a book — "A successful book will change anyone's professional life overnight" — and speak publicly whenever possible in order to connect with large groups fast.

"Look around at the next big event you attend," he adds. "The big brands are onstage delivering a 20-minute talk. It could easily be you. Very visible people are simply more successful. Personal branding done well delivers increased credibility and that in turn gives you an edge in any professional activity. Great personal brands attract clients, win career opportunities and enjoy substantial financial rewards."

Fame 101 authors highlight five favourite, brilliantly executed personal brands

- John Travolta: Went from B-list player to million-dollar movie superstar, "by harnessing the power of publicity and continuously evolving his personal brand."
- Rachael Ray: From grocery-store aisle pitch girl to cooking superstar with television shows, a magazine and book deals, "she's adept at personal branding and publicity but stays on top by remaining nice despite becoming one of the era's most powerful brands."
- President Obama and Sarah Palin: "Politics aside, each has captured and maintained a niche with the most powerful branding, publicity and promotion of the millennium."
- Ellen De Generes: "We don't even need to say her last name, her brand is that powerful. Ellen is a great example of the lifetime value of consistently working on your personal brand while staying visible."

Parfois, avec un peu d'aide...

Mes études en travail social à l'université semblaient trop théoriques. J'ai finalement trouvé ma place à La Cité collégiale.

En plus d'équivalences de crédits à mon dossier, des stages pratiques m'ont permis de décrocher un emploi passionnant ici, à l'école Carrefour Jeunesse, à Rockland. Je peux enfin offrir du soutien aux gens en difficulté !

Kaëlle Lalonde
Diplômée en Techniques de travail social

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COR-10-026c

UWO launches Centre for Human Immunology
The University of Western Ontario announced last week the creation of the Centre for Human Immunology, a London-wide, multidisciplinary initiative led by the Schulich School of Medicine & Dentistry and the Lawson Health Research Institute. METRO NEWS SERVICES

Think twice before taking on old clients

WorkplaceLaw

Employment is a two-way street. Just as they can be dismissed without notice, employees are not "owned." They are always free to leave. However, disputes often arise when they try to take their clients with them.

Since clients' affiliations often lie with the relationships that are built and the key employees who have built them, courts permit employers to protect their clients through contractual limits on post-employment solicitation.

But what happens when there is no contract at all?

To many clients, professional engineers Robert Whyte and Bill Dainty were the "face" of their firm, Aquafor Beech. As well, their work accounted for a quarter of the company's revenue.

In the fall of 2003, Whyte and Dainty left Aquafor and established their own competing engineering firm, Calder Engineering. Many of their clients remained with Aquafor; however, a few decided to leave and continue their relationships with Calder along with two more Aquafor employees.

Aquafor suspected that Whyte and Dainty had acted inappropriately by improperly soliciting clients and employees.

However, Aquafor did not have employment contracts with Whyte and Dainty that prohibited them from working for a competitor or soliciting its clients. Without contracts, there is nothing to stop ordinary employees from leaving and then competing for business. But this is not the case for fiduciary employees, who have obligations to their former employers and can render them vulnerable both during and after their departure.

If you're considered a fiduciary employee, you may be required to act in the best interests of you company even after you leave, which includes soliciting former clients.

Since they played significant roles at Aquafor, the court ascribed to them fiduciary titles. However, there was no evidence of unfair competition, so Aquafor's case was dismissed.

Daniel A. Lublin is an employment lawyer with Whitten & Lublin LLP. Reach him at dan@toronto-employmentlawyer.com.

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Canadian universities golden at EcoCAR Challenge

Three Canadian university teams participating in the EcoCAR Challenge in San Diego have been named winners of individual awards. The University of Victoria , the University of Ontario Institute of Technology and the University of Waterloo all won awards. CANADIANDRIVER.COM

Metro Drive

Silverado priced

GM of Canada has announced the base price of the new 2011 Chevrolet Silverado HD pickup: The 2500 regular cab 2WD model starts at $35,600.

METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Highlander hip enough

NEIL MOORE
for Metro Canada

2010 Toyota Highlander Hybrid

Type: mid-size SUV
Price: base $43,025
Engine: DOHC 3.3 Litre DOHC, 24-Valve V6
Fuel Economy: 7.4/8.0/7.7 L/100 km (city/hwy/combined)

Highlights

- Accommodates up to seven passengers
- Upscale looks

It seems quite the contradiction — the hybrid SUV.

Hybrids — in general — are the darlings of the urban "greenie," along with cloth grocery bags, fair trade lattes and David Suzuki documentaries.

SUVs on the other hand are the flagships of suburban excess. When they're not taking the lone executive on his or her daily two-hour commute, these gas guzzlers are loaded up with kids' soccer teams or schlepping mass quantities of boxes and cans from the local Costco.

Can these two interests co-exist?

I'd say "yes" as many of the former eventually have kids and move out to the 'burbs. And besides, not all of us who have shunned downtown living hate the environment.

Still, there aren't many hybrid SUVs on the market. Among them are the behemoth Chevrolet Tahoe and GMC Yukon hybrids, the compact Ford Escape hybrid, the premium Lexus RX 450h (starting at just under $60K) and the even pricier (and less green) BMW ActiveHybrid X6, priced at just under $100K.

The Highlander Hybrid, starting at $43,025, is comparatively well priced, and for a mid-sized SUV, is surprisingly roomy and can realistically accommodate up to seven passengers.

Some have criticized its styling, calling it slab-sided and plain. I like its uncluttered sheet metal. And when decked out in Limited trim — as was my tester for the week — with its big 19-inch alloys and roof-mounted spoiler, the Highlander looks quite upscale.

Like all Highlanders, it is powered by 3.3 Litre DOHC, 24-Valve V6, working with high-torque electric motors front and rear. Combined, Toyota's Hybrid Synergy Drive delivers 270 hp across a broad power band and up to 212 lb/ft of torque. This is mated to a continuously variable transmission.

Despite its size, the Highlander launches quickly and enjoys a strong, linear flow of power. This hybrid is no wimp, but quickly loses the fuel-saving benefits of its green powerplant when you mash the pedal.

The Highlander Hybrid is less about compromise and more about delivering the benefits you'd expect from an SUV — with few of the downsides. And it shouldn't attract the scorn of your chardonnay-sipping downtown friends, who may even invite you to their own big-box shopping adventure.

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2010 Ram 1500 Crew Cab SLT shown[6].

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Wise customers read the fine print: •, *, †, ±, § Month of the Ram Sales Event offers apply to retail deliveries of selected new and unused Ram models purchased between June 1 and June 30, 2010 from participating retailers. Retailer order/trade may be necessary. Offers subject to change without notice. See participating retailer for complete details and conditions. •$25,999 Purchase Price applies to 2010 Ram 1500 Quad Cab® SXT 4x4 (24A+AGB) only and includes $8,250 Consumer Cash Discount Offer. See participating retailer for complete details. Pricing includes freight ($1,400), air tax, tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees; other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. *Consumer Cash Discounts are offered on most new 2009/2010 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. †0% purchase financing for 36 months available to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Financing Services and GMAC on most 2010 Chrysler, Jeep, Dodge and Ram models, except Challenger, Caliber Canada Value Package and SE Plus, Grand Caravan Canada Value Package and Cargo Van, Sprinter and Ram Chassis Cab. Example: 2010 Ram 1500 Quad Cab® SXT 4x4 (24A+AGB) with a Purchase Price of $25,999 financed at 0% for 36 months equals monthly payments of $722.19; cost of borrowing of $0 and a total obligation of $25,999. Pricing includes freight ($1,400), air tax, tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees; other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Financing Services and Royal Bank of Canada. Bi-weekly payments shown are based on 84 month terms. Variable rate shown is based on TD and RBC Prime Rate and fluctuates accordingly. Payments and financing term may increase or decrease with rate fluctuations. RBC offer not open to residents of Quebec. TD offer is not open to residents of New Brunswick, Newfoundland and Labrador, Yukon, Nunavut and Northwest Territories. Some conditions apply. See participating retailer for complete details. §2010 Ram 3500 Crew Cab Laramie 4x4 shown. Price: $61,495. 2010 Ram 1500 Crew Cab SLT 4x2 with SLT Plus Group shown. Price: $38,035. Pricing excludes applicable Consumer Cash, freight ($1,400), licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. ‡Based on U.S. National Highway Traffic Safety Administration (NHTSA) scoring system for 2010 model year Ram. ®SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under license.

Biofuel promise in Nova Scotia
The next biofuel breakthrough might be coming from the Canadian east coast. A new project has been launched in Nova Scotia that could produce renewable fuels from algae on a large scale. CANADIANDRIVER.COM

Jeep packs big power

Drivers drawn to Grand style

JUSTIN PRITCHARD
for Metro Canada

MODEL: 1999 to 2004
VEHICLE TYPE: 4x4
APPROXIMATED USED PRICE RANGE: $2,500 to $15,000

HISTORY/DESCRIPTION: Some time before cute-utes and soft-roaders began taking over the Canadian utility vehicle scene, Jeep was putting down roots as a sought-after brand when real all-terrain capability and on-road comfort were priorities.

The Jeep Grand Cherokee was arguably the original luxury sport utility vehicle, and its last full generation was available from 1999 to 2007 packed with more features, off-road prowess and luxury than ever.

With advanced four-wheel drive, available V8 power and plenty of luxurious extras, there's bound to be a Jeep Grand Cherokee in the used market for virtually any shopper.

Standard power came from a 195-horsepower, four-litre straight six, which is argued to be one of the most reliable American engines of all time. This unit was replaced by a 3.7 litRE V6 later in the last-generation Grand Cherokee's life.

Second Gear

Should either six-cylinder workhorse not provide enough snap for your needs, a 4.7 liter V8 was also available, with 235 or 265 horsepower, depending how new a model you're considering.

The 1999-2004 Jeep Grand Cherokee may not be thrifty but it has the performance you want from a 4x4.

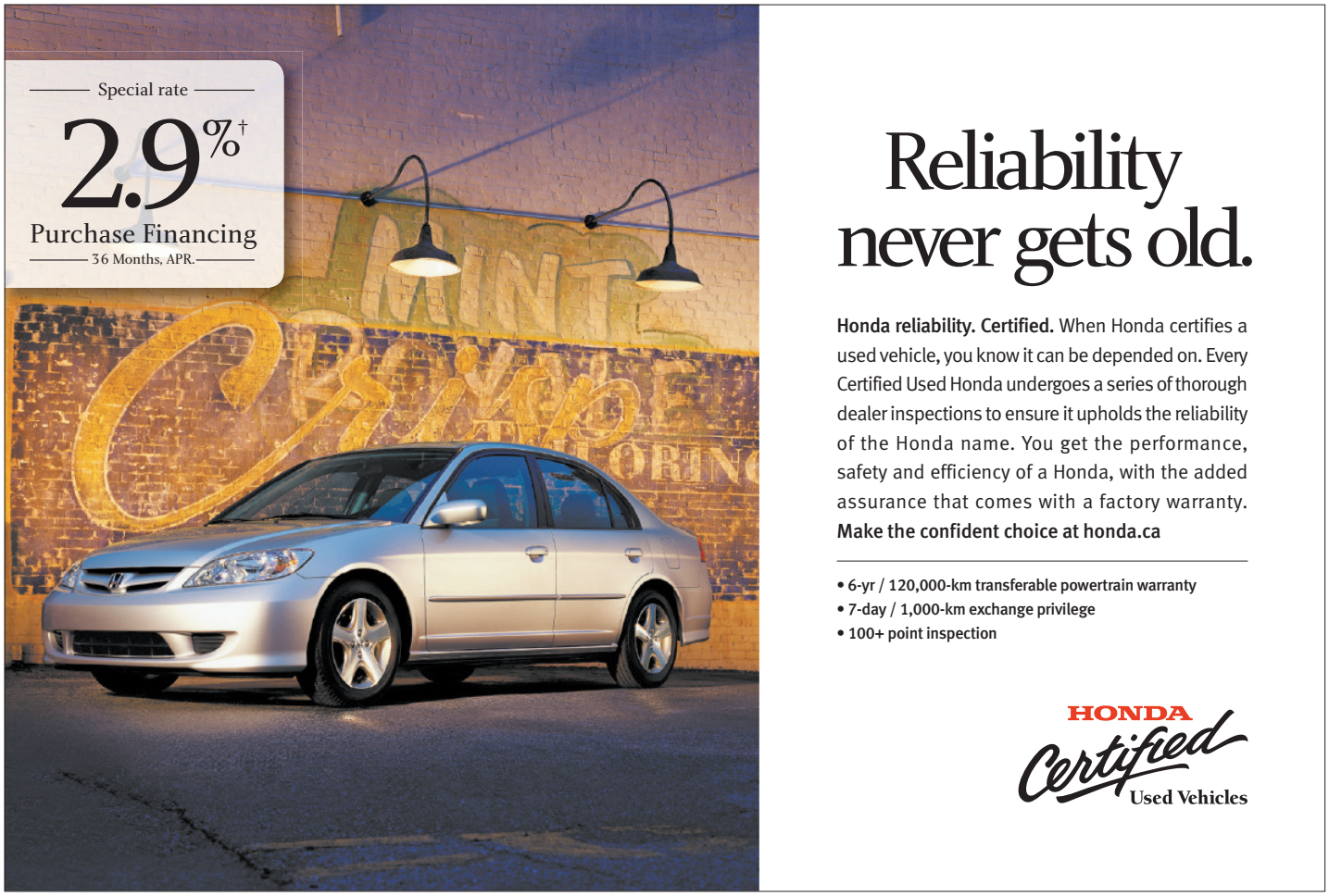
WHAT OWNERS LIKE: No surprises here: capability, cargo room and all-season driving confidence were the main draws of the Grand Cherokee. Styling, performance and power were also highly rated.

WHAT OWNERS HATE: Typical Grand Cherokee complaints include vague steering, a noisy mechanical cooling fan, a bouncy ride, and of course, hefty fuel consumption.

COMMON ISSUES: For the most part, the Grand Cherokee's driveline hardware was trouble-free and reliable. Problems with engines, transmissions and transfer cases look few and far between, though several important checks should be considered mandatory before agreeing to purchase a used model.

Ensure all windows operate in both directions as expected — otherwise a window-regulator replacement may be on the horizon. Ensure brakes are up to par too– and that there's no shuddering or squealing while driving or stopping. A mechanic can assess the condition of the Grand Cherokee's braking system in a few minutes.

THE VERDICT: A non-abused and well-maintained last-generation Grand Cherokee isn't the thriftiest way to travel, though it remains a popular used 4x4 buy for owners who need plenty of power and prowess.



†Limited time financing offer on all Honda Certifed Used Civics available through Honda Financial Services, on approved credit. Offer only available up to 36 months on Honda Certified Used Honda Civics (2005–2009 model years). Finance example based on 2005 model: $10,000 at 2.9% per annum equals $290.37 per month for 36 months. Cost of borrowing is $453.42 for a total obligation of $10,453.42. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Offer expires June 30, 2010.

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TOYOTA grad program

Audi cars communicating with traffic lights
Audi has expanded its experimental Travolution project to enable vehicles to communicate directly with traffic light systems, using wireless LAN and UMTS links. METRO NEWS SERVICES

Under spell of Spyder

PETER BLEAKNEY
for Metro Canada

2011 Porsche Boxster Spyder

Type: Sports convertible
Price: from $72,900
Engine: 3.4L flat-six
HP: 320
Torque: 273 lb.-ft.

Highlights

- Boxster experience magnified
- Cool interior

It's all about the roof.

The $72,900 2011 Porsche Boxster Spyder, a lightweight "speedster" version of the Boxster S, is defined by a two-piece, manually installed fabric top that is ... how shall I put this ... a complete pain in the butt to erect.

With more snaps, hooks and buckles than a Goth boot store, and an install time of about four minutes (after some practice), you, and the Spyder's interior will be assured of a good soaking if caught in a downpour.

I mention this only because if you don't "get" the roof, you won't "get" the Spyder. This is a highly focused little sled that takes the Boxster's divine balance, steering feel, and engine response, and ramps it up a few notches. Convenience be damned. Think of the Spyder as the Boxster experience in high definition — a fair weather ticket to some serious driving fun.

Along with the 21 kgs saved by ditching the powered top, another 59 kgs is liberated by the use of lightweight 19-inch alloys, lightweight manual (and heavily bolstered) carbon fibre seats, aluminum door skins and deck lid, deletion of the climate control (you get it back for $2400), deletion of radio and cupholder (no cost options) and, as the ultimate reminder of the Spyder's mandate, neat little fabric door pulls.

Dream Car

The car's visual signature is that oh-so-sexy long rear deck with the twin fairings, a nod to the 1954 Spyder racer of James Dean infamy.

The mid-mounted dry-sump 3.4 litre flat-six puts out 320 hp and 273 lb.-ft. of torque (each up 10 units from the standard Boxster S) and the car sits 20mm lower on springs that are 10 per cent stiffer in front and 30 per cent in the rear.

Porsche Active Suspension Management system with its variable rate dampers is not offered.

And so I found myself touring the winding roads of the Niagara Wine Region on a perfect Spyder day – warm and sunny. Yes, this car is very quick, but even within the bounds of legality, the Spyder's near telepathic reading of your intentions makes for a stirring drive.

While the ride is stiffer than the standard car, it is hardly punishing – better than a 911 without PASM. Rear visibility is limited, but as with all Boxsters, the front and rear trunks offer plenty of storage.

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Dodge unveils new logo
Dodge has unveiled a new logo, featuring the name with a pair of red racing stripes. The company said that Dodge designers sketched the new logo after Dodge and Ram Truck were clearly defined as separate brands with their own identities and consumers. CANADIANDRIVER.COM

Processor power can get cars talking

IBM researchers aim to develop 'cognitive car'

JIL MCINTOSH
for Metro Canada

It's said that the average car today has more computing power than the rocket that put a man on the moon.

A new research project by IBM and McMaster University in Hamilton, Ont., is working on the theory of a "cognitive car" that will connect the vehicle's multiple microprocessors, which currently work in isolation, to provide important information for the driver.

Driving Force

Such a car might predict vehicle failures before they happen, save fuel by sending the driver on less-congested routes, or even "talk" to other cars behind it to warn about hazardous road conditions up ahead.

"The average car has a minimum of 20 microprocessors, all connected with multiple networks," says Don Aldridge, general manager of research and life sciences at IBM Canada.

"The objective is to eliminate as many of the separate devices as possible and consolidate them into one, if we can."

The research includes a grant award from IBM and is intended to study how using a single IBM multi-core processor could improve vehicle efficiency and safety. The processor, originally developed for video games, is now used for a wide range of applications.

As mainstream electric cars get closer to their market launch, such microprocessors could be used to help drivers charge their cars at optimum times.

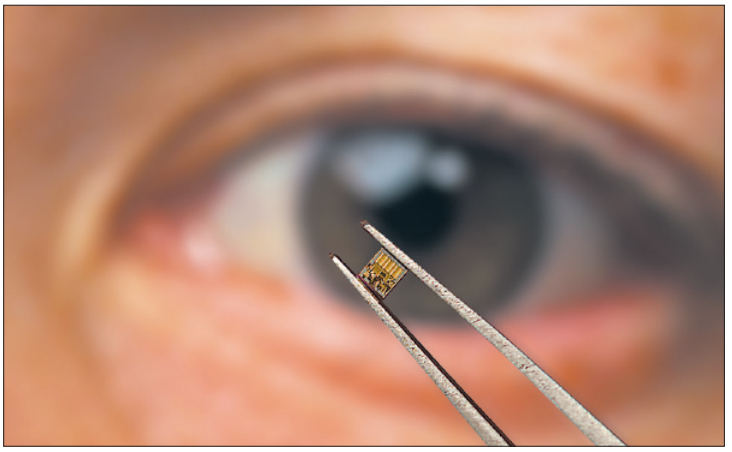
"One of the challenges of electric vehicles will be fear of running out of juice," Aldridge says. "By tying into a simple GPS requirement, it would give options for charging wherever I happen to be. You also start tying into the system — am I potentially charging at a peak time, or not? The system should be smart enough to give you guidance and minimize the cost."

A car connected in such a way could know its location and how much power is left in its battery, tell its driver where the nearest charging station is located and, depending on whether prices are peak or off-peak, how much it would cost to recharge.

The microprocessors could also simplify car-to-car communication.

"At the moment, you have an automobile that's talking to the GPS system," Aldridge says. "It could also communicate with automobiles behind it, so that you'd know that black ice is up ahead because the cars share that with each other.

"The research is just beginning and we are just at the early stages, but now we've started the process, and it will continue to evolve. When you start going from dozens of little computers all over the place to smaller numbers, and possibly one, it could reduce the price."



Advanced microprocessors can make cars more intuitive and safer to drive.

At the moment, you have an automobile that's talking to the GPS system. It could also communicate with automobiles behind it, so that you'd know that black ice is up ahead because the cars share that with each other.
IBM's Don Aldridge

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Sun safety tip number one

Plan to be outside in the early morning or late afternoon. Stay in the shade and out of the hot sun between 11 a.m. and 4 p.m. If you are in the sun between 11 a.m. and 4 p.m., wear long pants, long sleeves and a hat with a wide brim to protect your skin from sunburn. **SOURCE: HEALTH CANADA**

Staycations

Beat the heat

The best thing you can drink is water. Consume fluids before you are thirsty. By the time you are thirsty, your body is already dehydrated. Drink eight glasses of water each day to keep your body temperature low.
NEWS CANADA

SPECIAL FEATURES EDITOR: SARAH.CAIRNS@METRONEWS.CA

Get out on the water

TRACEY TONG
tracey.tong@metronews.ca

Every summer, Jamie Racine makes it a point to get out on Ottawa's waterways.

"We're so fortunate here," he said during a paddle in his kayak on the Rideau Canal recently. "In what other metropolitan city can you take your boat out of your shed, and in (about 10, 15 minutes)" have access to a few (boat) launches?"

"Ottawa is really good for that," agreed Nancy Copping, a product team leader at Mountain Equipment Co-op.

"There are a lot of different waterways, in some people's backyards, almost. With the Ottawa River and the Rideau River, there are a lot of great areas for paddling."

There are lots of ways to try the sport out, without ever leaving the city.

People who don't own their own equipment can rent from a number of stores, including MEC. For the total newbie, MEC holds demo nights at Westboro beach from 6 p.m. to 8 p.m. every Tuesday.

In addition to MEC, there are a number of paddling schools in the area, including Trailhead and the Paddle Shack.

OTTAWA TOURISM

Rent or buy a kayak and take a leisurely paddle down the Ottawa River.

As for where to launch, you can launch off any beach in the city, including Westboro Beach and Mooney's Bay, said Copping. She does warn people to be aware of certain areas of the Ottawa River, where the currents can be dangerous.

For families and people looking for calmer waters, Dows Lake offers safe forays on the wave-free, man-made body of water.

The Dows Lake Marina and Boat Rental offers rentals of paddleboats, canoes, kayaks and double-seater kayaks through October.

The service not only provides free life jackets loans with boat rentals, the marina also has a rescue boat in case someone runs into trouble, said Kyle Foulkes, supervisor at Dows Lake Marina.

For those with two hours to spare, it takes about an hour to get from Dows Lake to downtown, Foulkes said. Paddleboats, which seat a family of four and "are impossible to tip," are good bets for families, he said.

Finding the right life-jacket

Summer is on its way and Canadians will soon take to the lakes for another season of fun in the sun. But before you hop on board any vessel, it's important to keep water safety top of mind.

"Every year, almost 200 Canadians drown while boating, 87 per cent of whom were not wearing a personal floatation device," says Pat Gray, director of marketing at Stearns Canada "This staggering statistic just goes to show that wearing a PFD at all times could very well save your life — so make an investment in your safety and buckle up."

Keeping Kids Afloat — How to Fit Your Child for a PFD:

- Look for a brightly coloured PFD that has been approved by Transport Canada, the Canadian Coast Guard or Fisheries and Oceans Canada. Stearns offers infant, child and youth PFDs in a variety of vibrant colours that meet all Canadian PFD safety standards.
- Children's PFDs are fit according to the child's weight, so find the appropriate size and have your child try it on. Do not buy a PFD that is too large in the hope that he or she will grow into it.
- PFDs should fit snugly, and not ride up over the child's chin or ears. If there is more than 7.6 cm between the child's shoulders and the PFD, it is too big and could do more harm than good.

Safety features should include:

- A large collar for head support that also has a grab strap on it
- Waist ties or elastic gathers in the front and back
- A safety strap that goes between the legs to prevent the device from slipping over the child's head
- Sturdy, rust-proof buckles and zipper

Parents should lead by example and also wear a PFD. Adult PFDs, like those made by Stearns, are fit according to chest size. The PFD should feel snug, but still allow room to breathe and move around freely.

Proper care of your PFD is just as important as finding one that fits. PFDs are designed to save lives — they should never be used as a seat cushion or fender for your boat. Using it in this manner will comprise its effectiveness.

More information regarding water safety can be found online at stearnsfloatation.com.
NEWS CANADA

Sun safety tip number two

Use a sunscreen lotion or cream that is SPF 15 or more that says "broad-spectrum" on the label. Put sunscreen on 20 minutes before you go out and reapply 20 minutes after being out in the sun to ensure even application of the product and better protection. Don't forget your lips, ears and nose. **SOURCE: HEALTH CANADA**

Take a trip down the wild river rapids

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

The Ottawa River is the most popular whitewater rafting destination in all of Canada.

Since pioneering whitewater tourism on the river 35 years ago, Wilderness Tours (888-RAFT-NOW) has taken over a million people for a trip down the last wild stretch of the river, said owner Joe Kowalski.

"It's a very neat part of the world. A lot of people don't even know that it's here, they think you have to go hundreds of miles to have this kind of experience, but it's surprisingly close to downtown Ottawa," said Kowalski.

That section of the river is also spotted with over 175 islands, which mean trips down the river can range from mild, family rafting rides to wild, high-adventure advanced, kayak expeditions through challenging rapids. They also have mountain biking courses, rock climbing and bungee jumping.

The resort, located an hour's drive west of the city on the Ottawa River between Pembroke and Renfrew, has been compared to a Club Med for adventure sports, said Kowalski.

The Wilderness Tours season runs from May until Thanksgiving weekend.

There are lots of choices when it comes to choosing a host for your rafting adventure.

OWL Rafting (1-800-461-7238), which operates out of Foresters Falls, features trips down the 12-kilometre Rocher Fendu stretch of the Ottawa River. The company offers trips on a 12-person raft, a six-person (plus guide) sport raft and a two-person sportyak for the seasoned rafter.

Also operating out of the Rocher Fendu, RiverRun Rafting and Wilderness Resort (1-800-267-8504) also offers rafting trips on the 12-person traditional boat and six-person sport raft, but also features an eight-line zipline series at Fort-Coulonge park. RiverRun is also right next to River Provincial Park, which is known for its hiking.

WITH FILES FROM TRACEY TONG

OTTAWA TOURISM

Whitewater rafting along the Ottawa River ranges from mild to high-adventure.

Sunburn care

Naturally moisturizing watermelon is combined with soothing cucumber to provide much needed relief for sensitive sunburned skin.

- 1 cup cubed watermelon flesh
- 1 cup sliced cucumber
- In a blender, mix ingredients until combined.

Application:

- Spoon ¼ of mixture into a cheese cloth or tea towel.
- Fold cloth over mixture, squeeze gently to allow moisture to soak through.
- Place the moist cloth on affected areas for 20 minutes.
- Rinse off with cool water.

NEWS CANADA

Summer time and the cruising is so easy

RAF BRUSILOW
for Metro Ottawa

With summer here, it's only natural to want to take to the water. With the natural beauty of the Ottawa River, Rideau Canal and St Lawrence River nearby, a cruise of Ottawa's landmarks, history and waterways might be just what the doctor ordered:

Shorter cruises (1-2 hours)

PAUL'S BOAT LINES

In operation since 1936, Paul's Boat Lines offers both Rideau Canal and Ottawa River cruises departing all day long at various times from 10 a.m. to 8:30 p.m. throughout the summer departing from the Conference Centre, Hull Marina and the Ottawa Locks.

Adult tickets $18 for the Rideau Canal cruise and $20 for the Ottawa River cruise with combo tickets available for a discount if you go on both cruises.

Sights on the Rideau Canal cruise include the National Arts Centre, Carleton University and Lansdowne Park while the Ottawa River Cruise features views of the Parliament buildings, the Museum of Civilization and Rideau Falls.

For more information, visit paulsboatcruises.com.

CAPITAL CRUISES

For a slice of history the triple-decker Empress of Ottawa offers wireless commentary in a variety of languages as you cruise by Rideau Falls, the Parliament buildings and the Prime Minister's residence. The Empress features two enclosed decks and a top open-air deck with full service bars on the first and second levels. Departs daily from Jacques Cartier Park Wharf and Ottawa Locks Wharf from 10:10 a.m. to 6 p.m. Adult tickets for a single cruise are $18 and $45 for a family.

For more information, visit capitalcruisesottawa.com.

Chartered cruise (3-4 hours)

OTTAWA BOAT CRUISE

For private events and charters, Ottawa Boat Cruise offers the Ottawa River Queen with seating up to 340 passengers or its smaller cousin the Miss Gatineau for 180 passengers for 3 and 4-hour sightseeing and dinner tours with a dance floor, DJ, full complement of wait staff and cash bars.

For more information visit ottawaboatcruise.com.

Overnight cruise

ST. LAWRENCE CRUISE LINES

Offering a six-day, five-night cruise from Ottawa to Kingston with sightseeing and overnight stops all along the route including a borough of Montreal and Upper Canada Village. Cruise departs June 13, July 19, Aug. 29 and Oct. 7 at the Hull Municipal Wharf.

For more information, visit stlawrencecruiselines.com.

Classical in California

Experience the spectacular landmarks and natural beauty of California to the tune of live classical music performed by preeminent musicians from around the world at the 40th Annual Festival Mozaic (festivalmozaic.com), July 15- 25, 2010. METRO NEWS SERVICES

Travel

Best of the best all-inclusive resorts

From California to French Polynesia, from Jamaica to New Zealand, travel experts Jay Paris and Carmi Zona-Paris have traveled the globe in search of the ultimate in all-inclusive experiences. In the book, The 100 Best All-Inclusive Resorts of the World, the Parises bring you resorts with superior accommodations, excellent service, and a variety of on-site activities and entertainment — all for one price and with no hidden costs. You can find their book on Amazon.com for $17.95. METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

Crossing Kenya's open plains

Masai Mara's unique wildlife reserve arguably Africa's finest

NICK BOULOS
Metro World News

METRO WORLD NEWS

The marshlands are home to leopards, elephants and rhinos.

METRO WORLD NEWS

Stumbling upon a pride of lions is common in Masai Mara.

Masai Mara offers unparalleled views of Kenya.

Of all the places to stop, this was surely the least sensible.

Climbing out of our open-sided jeep as the whispery blades of grass of the Masai Mara crunched under foot and with nobody but my guide Charles in sight, I suddenly felt rather apprehensive.

Very apprehensive, in fact.

This was, after all, lion country. And buffalo country. And let's not forget the rest of the Big Five that call these marshlands home: leopards, elephants and rhinos. They — as well as countless other creatures — roam this 1510sq km protected reserve freely.

I had already become well accustomed to chancing upon a pride of lions in the most unlikely of places during our thrilling game drives, so I was understandably worried about my surroundings and what might be lurking nearby.

"Are you sure it's safe to just roam around like this?" I asked Charles as he fetched a hamper from the back of our jeep parked under the only tree to be found anywhere in sight.

METRO WORLD NEWS

Lake Nakuru is home to several species of birds.

He nodded reassuringly, but somewhat contradicted himself by casually mentioning that the tree under which we were standing is the official residence of the area's leopard.

I glanced skyward to see the stripped pelt of a gazelle lying on a branch and deep claw marks etched into the trunk. Sitting discarded on the parched ground was the chalk-white skull of a zebra.

The Mara spread out before us silently. Zebras and waterbucks grazed just yards away as the sun dipped beneath the hills in the far distance.

Thousands flock to the Masai Mara — arguably Africa's most famous wildlife reserve, an hour's flight from Nairobi — to catch a glimpse of the zebra and wildebeest migration. In July, millions of the animals risk death by crossing the murky, crocodile-infested Mara River to reach the Serengeti in Tanzania.

Roam this protected reserve

But travel at the right time and you'll have this entire wilderness to yourself. Or so it feels.

In October, for example, the bumpy tracks that criss-cross the Mara are blissfully devoid of other jeeps.

The next day, we chanced upon a cheetah feasting on a recent kill, a scared male lion stalking a wildebeest and a herd of elephants making slow progress across the horizon. Lady Luck was shining upon us as we tracked down Olive the leopard just hours before I was due to leave.

Lounging majestically across a high branch and well camouflaged, her piercing amber eyes stared down at us intently.

I could've sat there all day studying her majestic coat and twitching tail. And reassuringly, it was a different tree from the one we stopped at just a few hours before.

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London life won't come cheap

PAUL BALDWIN
Metro World News

There are so many must-do's in this city it's hard to know where to start.

Here's a warp-speed guide: Tower of London — beautiful-looking but a bit dull inside, Buckingham Palace — fascinating and hey, the Queen lives here, British Museum — one of the world's best, but don't expect to find anything British inside, Big Ben — a no-brainer London vacation photo, Greenwich — you'll feel an irrepressible urge to stand astride the Greenwich Meridian, Natural History, Science Museums — possibly the greatest free attractions on the planet. and a Thames riverboat trip — great value, informative and usually a load of laughs.

Oh, and they have pubs. Lots of pubs.

I'VE BEEN BEFORE — WHAT'S NEW?

What could be more British than Tea at The Ritz?

This piano-accompanied ritual, in the quintessential elegance of the most famous hotel in town, is nothing less than an institution.

It's so popular that you must book at least one month in advance. Afterwards wander down to another British institution Fortnum & Mason's in Piccadilly to slaver over one of the most extensive and delicious ranges of food on earth. In both cases you'll probably end up hitting the credit card hard — quality doesn't come cheap in London.

WHAT'S THE NIGHTLIFE LIKE?

Legendary. Too many clubs to list but don't miss Fabric in Clerkenwell for hardcore house, Koko in Camden for gigs and big DJ's, Punk in Soho for, er, everything and Floridita, in Wardour Street, for a night of very 'in' Latin dancing.

METRO WORLD NEWS
Big Ben is an easy vacation photo but London has much more.

[1]To redeem TD Points for travel purchases charged to your Card that are not booked through the TD Travel Rewards Centre (the "Centre"), Cardholder must contact the Centre after the travel purchase has been posted to the Account and within 90 days from the transaction date of the travel purchase. The required TD Points will be redeemed from the TD Points balance available on the date TD Points are redeemed for the travel purchase, not the transaction date of the travel purchase. The amount that will be credited toward the travel purchase will be equal to the value of the TD Points redeemed. If there are insufficient TD Points available to cover the entire amount of the travel purchase, the Account will only be credited by the value of the TD Points redeemed. Any amount of the travel purchase not covered by the TD Points redeemed will remain on the Account for payment. [2] Applies to new TD First Class Travel *Visa Infinite* Accounts only. Bonus TD Points will be awarded to the new Account upon approval. Offer may be changed, extended or withdrawn at any time without notice and cannot be combined with any other offer. *Trade-mark of The Toronto-Dominion Bank.

All aboard Johnny Depp's yacht — only $170,000 for two weeks.

Catch a glimpse of super-rich vacations

PAUL BALDWIN
Metro World News

If you really want to see the world then you may as well do it in the penthouse suite on one of the world's finest passenger vessels complete with your own personal butler. A snip at $216,000.

Or how about a week playing Pirates of the Caribbean on Johnny Depp's very own boat? Hell, make it a fortnight, it's a bargain at $170,000.

Bit pricey? If you're a billionaire feeling the pinch you could always downsize to week in Mick Jagger's villa in Mustique — a giveaway at $11,500.

They sound insane, but these are the jaw-dropping vacation options of the super-rich.

You don't like sailing? Then step forward Bruce Willis and illusionist David Copperfield.

Action flick hero Bruce has a $6,500-per-night five bed villa on the beautiful Parrot Cay, in Turks and Caicos, in the Caribbean — incidentally a big favourite of designer Donna Karan.

Copperfield goes one better. He has a whole bay named after him — naturally enough it's called Copperfield Bay and it's part of Musha Cay in the Bahamas.

The beachfront villas are described as "so private you'll seem to disappear." What will also disappear is any sense of reality as this luxury costs a staggering $30,000-per-day.

Johnny's boat

- Johnny Depp
burgessyachts.com

Get Beach Chic

Book a value-packed hotel vacation package with JetBlue Getaways in Florida staring June 16 at jetblue.com/vacations. Guests will receive a free, customized Beach Chic vacation starter kit. METRO NEWS SERVICES

Seeing Europe on two wheels

Metro finds the best cycling tours available across the pond

PAUL BALDWIN
Metro World News

METRO WORLD NEWS

The Turquoise Coast Cycle tour offers some of the best views of Europe.

METRO WORLD NEWS

You can island hop with Adriatic Islands Cycle tour.

Sometimes the very best way to get a real feel for a country is to take to two wheels and get around under your own steam.

You're not insulated like in a car, and you aren't restricted to someone else's agenda as with public transport. And, as any cyclist will tell you, a biking holiday will get you talking to the locals like nothing else.

Here are our current favourites.

ALPINE CYCLE

An Alpine cycling adventure without the pain. Head for the Salzburger lakeland, where you'll get the fresh air and the scenery but little of the uphill agony.

The routes tend to be trace gentle loops around shorelines of Fuschlsee and Wolfgangsee.

Attractions include the cog railway up Schafberg, the Mozart museum in St Gilgen and the church in Mondsee, which played a starring role in The Sound of Music. A good base is the Salzburger Dolomitenhof Hotel which is offering three day tours from $159.

ADRIATIC ISLANDS CYCLE

With 1,185 offshore islands scattered in clear blue water along a complicated 1,104-mile coastline a boat an bike combo is a fascinating and thrilling way to explore the region.

Try the one-week, 15 stop Island Hopping by Bicycle in Central and Southern Dalmatia tour at adriatica.net

TURQUOISE COAST CYCLE

There are few better ways to experience the beauty of the Gökova Region and get closer to Aegean culture than on two wheels. Try the Akyaka Weekly Bike Tour, a fairly easy cycle suitable for a family holiday. Riders set out from Akyaka before cycling into many traditional villages and bazaars and enjoying breathtaking views over Sedir Island and the Gökova Gulf.

Cost: $195 (accommodation extra) with Turkish Turquoise Coast Guide at turkuaz-guide.net

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Montego Bay Travel Jun 12 - Jun 19/ac	$199 + taxes & fees $291
Brussels Travel Jun 13 - Jun 23/ts	$245* + taxes & fees $367
New York Travel Jun 25 - Jul 1/ac	$299 + taxes & fees $120
Los Angeles Travel Jun 14 - Jun 21/ac	$342 + taxes & fees $123
London Travel Sep 27 - Oct 4/ts	$382 + taxes & fees $395
Paris Travel Sep 25 - Oct 3/ts	$394* + taxes & fees $373
Costa Rica Travel Jun 12 - Jun 19/ac	$399 + taxes & fees $219
Honolulu Travel Jun 24 - Jun 30/dl	$519 + taxes & fees $114
Amsterdam Travel Sep 28 - Oct 6/dl	$689 + taxes & fees $399

Vacations

Jamaica
7 Nights 4-Star All-inclusive
$365*
Holiday Inn Sunspree — + taxes & fees $294
Departs Jun 12/nol/ts.

Costa Rica
Air + 7 Nights 4.5-Star All-inclusive $441*
Occidental Grand Papagayo — + taxes & fees $223
Departs Jun 19/acv/ac.

New York Air + 2 Nights + Transfers $674
Affinia Fifty Hotel — + taxes & fees $108
INCLUDES Manhattan accom and transfers.
Departs Jul 1/ggv/dl.

Quebec City Air + 3 Nights $634
Delta Quebec — + taxes & fees $129
INCLUDES central accom. Departs Jul 1/ggv/ac.

San Francisco & Napa Valley
Air + 5 Nights + Car $999
Renoir Hotel& Napa Valley Marriott Hotel — + taxes & fees $128
INCLUDES first and last night in San Francisco, 3 nights in Napa Valley and 5-day car rental with unlimited mileage. Departs Jul 4/ggv/aa.

Calgary Stampede
Air + 3 Nights + Tickets $1229
Sandman Hotel Downtown Calgary — + taxes & fees $171
INCLUDES roundtrip air, 3 nights central accom and Stampede event tickets. Departs Jul 8/ggv/ws.

Shanghai Expo, Air + 7 Nights $1799
Radisson Hotel New World — + taxes & fees $356
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CRUISE roundtrip New York (Bayonne) and visit Bermuda (King's Wharf/overnight). Sails Sep 25/rcl.

Western Caribbean
7-Night Cruise $519^
Carnival Valor — + taxes & fees $78^
CRUISE roundtrip Miami and visit Grand Cayman, Roatan, Belize City & Cozumel. Sails Aug 22/cnv.

Mediterranean 7-Night Cruise $819
Celebrity Constellation — + taxes & fees $126
CRUISE roundtrip Barcelona and visit Nice, Genoa, Florence/Pisa, Rome & Naples. Sails Oct 9/cel.

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Embracing Ibiza's night life

ROMINA MCGUINNESS
Metro World News

Ibiza and its legendary dancefloors have been the undisputed king of cool vacations for a quarter of a century.

Here's what to do as the sun goes down

WHERE TO LUNCH
Es Torrents
estorrent.net

As one of the island's best seafood (and seafront) restaurants, Es Torrents offers no-fuss classics, including gambas, lobster and tuna as well as the catch of the day. Sip a crisp white wine as you dip you toes in the sea after a relaxing lunch.

WHERE TO SPEND THE AFTERNOON
Salinas Beach
jockeyclubibiza.com

The select shore of Salinas is where the beautiful come to bathe.

Get yourself a sun lounger at hip beach bar Jockey Club Ibiza and order up a cocktail as you listen to the DJ spin classic summer hits while you slip into party mode.

WHERE TO HAVE DINNER
Las Dos Lunas
lasdoslunas.com

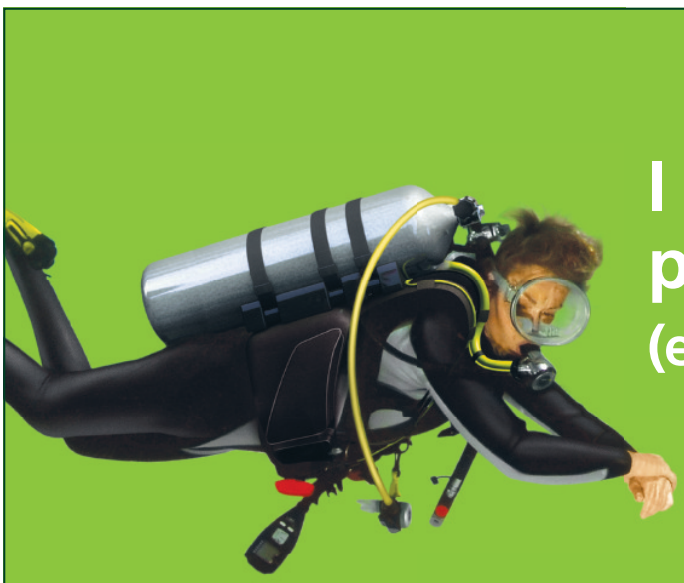
Let the bougainvillea and vines conceal you as you dine at the secluded Dos Lunas. Food is a fusion of Mediterranean cuisine, mainly Italian, featuring pallet-pleasers such as focaccia (baked in the outdoor wood fire oven), chocolate mousse and ice cream.

HOW TO SPEND THE NIGHT
Pacha
pacha.com

Forty years of sleepless nights and Pacha club hasn't a wrinkle to show for it. The heart and soul of Ibiza's party scene, the rule is to dance until your feet can't take it anymore. On your way home, stop at Croissant Show for strawberry, foie gras and champagne.

METRO WORLD NEWS

Start your night off right by dining at Las Dos Lunas.



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(even the scuba lessons).

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METRO WORLD NEWS

Washington isn't cheap but there are budget options.

Find a capital full of class in Washington

PAUL BALDWIN
Metro World News

Washington, D.C., is the beating heart of American politics which makes it a fascinating place to visit. Lucky it also has some of the world's best hotels and restaurants.

Here's how to visit it on a budget.

EAT
$50 or less
Beacon Bar & Grill

Supercool eatery based on 1930s ocean liner with rooftop Martini Sky-Bar with great city views. The menu, like Saturday nights lobster/crab fest at $28 seems ridiculously good value.

bbgwdc.com
$100 or less
Cityzen

Award-winning chef Eric Ziebold cooks up modern American with the best of them.

Throw in the DC cool set and a fiendishly clever wine list — it's hard not to be impressed.

mandarinoriental.com
STAY
$50 or less
The Allen Lee

We looked. There aren't any hotels available for less than $50 a night.

But, look, this is the political capital of the world and hotels aren't cheap — even this one charges more than $75 a night and the online reviews are, well, mixed to say the least.

2224 F St. NW, Washington DC
$100 or less
The Melrose Hotel

Nice real American hotel with a quality feel to it. Rooms are big and airy and the bar and restaurant are great for people watching.

Traversing Tanzania's wildlife

Metro finds safari's that won't cost you an arm and a leg

PAUL BALDWIN
Metro World News

Adventurous Tanzanian travellers often head to the sprawling Serengeti. But Metro wanted to get off the beaten track even more and explored the southern Highlands.

METRO WORLD NEWS

Elephants are a common sight on any tour of Tanzanian national parks.

Here's what we found.

RUAHA NATIONAL PARK

Locals often cite Ruaha as their favourite national park. More than 10,000 square kilometres of beautiful hilly landscape is the home to elephants, hyenas, African wild dogs, leopards and the bat-eared fox.

The special thing about Ruaha is the topographic variation — from vast plains, to rocky mountains and placid lakes. And the ever-present baobab trees tower mysterious and aloof above all of these landscapes.

Spending the night in a national park is extremely expensive. You can easily pay a thousand dollars per night. If you get a lodge just outside the park, you save yourself a lot of money and you are still sleeping in the wilderness. If you're not in the mood to arrange things yourself then contact the friendly staff of Gazelle Safaris for a package-deal (gazellesafaris.com).

UDZUNGWA MOUNTAINS

You can't return home without having visited the Udzungwa Mountains. This national park was opened in 1992 by Dutch royal Prince Bernhard. He personally walked the trail which is now known as the Prince Bernhard Waterfall Trail. This walk is, understandably, the shortest route possible, because when Prince Bernhard opened the park at the age of 82, his old legs couldn't take him to the top of the mountains anymore.

METRO WORLD NEWS

Bring a guide with you if you're going to traverse waterfalls.

TIRED OF SAFARIS?

Travel further south, towards Lake Nyasa (also known as Lake Malawi). On Matema beach you can perfectly relax in the shade of a tree with a cold bottle of cola breaking off only for an occasional soothing dip in the lake. Be careful with boat trips though — on the water there's a risk of serious sunburn. Once you've rested enough, it's time to visit the waterfall in the mountains. Don't attempt it without a guide as there is no path and access requires much scrambling over rocks and trees and plants, which can be tough for inexperienced climbers. However, once you reach the waterfall, you'll see it was definitely worth your trouble. More than 30m of water splashes down into a lagoon where you can jump in to cool off from the hike.

Swim with the fishes
Mexico's Third Annual Whale Shark Festival kicks off July 16 in Isla Mujeres, Quintana Roo, Mexico. Visitors will be encouraged to swim with the fishes in the latest tours. Find out more at cevichetours.com. METRO NEWS SERVICES

Noise drifts away behind these headphones

Whether you're trying to drown out the sound of the rain battering your tent on a windswept moor or just trying to silence the baby in row 15 who's been screaming since take-off, a decent pair of headphones can be a traveller's best friend.

We've picked out our winners in each price band.

UNDER $50
Sennheiser CX-300-II
sennheiser.com
These are not really noise-cancelling headphones but they are just so stunningly good that they have to be in.

Swap the lame headphones bundled with your MP3 and you'll feel you've been listening to your favourite tracks through cotton wool. Buckets-full of thumping bass and spine-tingling detail together with super-exciting timing and dynamics make these headphones probably the best value piece of hi-fi available. A steal.

UNDER $100
Altec Lansing Backbeat Titanium
(Alteclansing.com)
Another pair of noise-isolators rather than noise-cancellers that turn in a fine sonic performance.

The four pairs of neoprene ear-tips include one with extra wide flange which helps block out the outside world. But the sound is the key here. The 10Hz — 20kHz frequency response really digs deep into those bass notes and the top end just sparkles. A top find.

UNDER $250
B & W P5
(bowers-wilkins.com)
The daddy of headphones for music on the move. The P5's are what all other headphones want to be when they grow up. Stylish, comfy, and leather-upholstered, these headphones are fairly substantial for travel but do fold flat and weigh only 195 grams. And the performance is immense.

No showy but tiring high end histrionics just the music as it was meant to be, balanced, dynamic, exciting, but above all natural. Every song will sound like a new track. Also perfectly suitable for your home hi-fi. METRO NEWS SERVICES

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METRO WORLD NEWS

Battle the crowds, Florence is worth the wait.

Learn why Florence continues to flourish

ROMINA MCGUINNESS
Metro World News

This Italian gem is a chianti classic. Metro finds the places and spaces to visit.

IT'S MY FIRST TIME — WHAT SHOULD I DO?
Although most places are swarming with tourists, some are a must, no matter how long the ticket queue. Gape in awe at the genius that is Brunelleschi's Cathedral, 'Duomo' and then shuffle your way through the camera-clad crowd to Michelangelo's ethereal marble statue of the biblical hero 'David' and don't miss the Ponte Vecchio bridge.

I'VE BEEN BEFORE — WHAT SHOULD I TRY?
The Uffizi Gallery is one of the most important centres for Renaissance art with work by Raphael, Michelangelo and Titian. For sweeping views of the Arno Valley and dome-studded city head to the hilltops over at Piazzale Michelangelo.

WHERE CAN I SHOP?
Mercato Centrale (Via del Ariento) is paradise for foodies. Wonderful local produce including balsamic vinegar, olive oil, and cheese is magnificently stacked at each stall. If you want to get serious head to Via Turnabuoni for classic Italian labels such as Prada, Pucci and Gucci.

WHAT'S THE NIGHTLIFE LIKE?
Fabio Picchi's Teatro del Sale is an eclectic combination of theatre, trattoria and member's clubs is a great place to spend the night. On stage, you might find yourself listening to a poetry reading, musical or piano set.

Stieg stories discovered

Two early science fiction stories by the late crime novelist Stieg Larsson have been uncovered at the Swedish National Library in Stockholm. Library spokesman Hakan Farje says it received the two short stories as a private donation in 2007. THE ASSOCIATED PRESS

Entertainment

Most Wanted

Entertainment Weekly is reporting Canadian Ryan Reynolds is reteaming with his The Proposal co-star, Sandra Bullock, for an action comedy with the working title Most Wanted.

METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Soldiers of fortune

The A-Team remake ready to rip up the big screen

NED EHRBAR
Metro World News

Bradley Cooper readily admits his favourite part of making the big-screen adaptation of The A-Team was working with Liam Neeson. The Oscar-nominated actor, who plays team leader Hannibal opposite Cooper's Face, elevated the entire production, he insists.

"You can't really argue with the talent and ability and experience, which is what he brought to the movie," Cooper says. "It's like if you step on a court with Michael Jordan, the court's going to feel different. He raised everyone's game."

But Neeson is quick to point out he had some learning to do himself, especially when it came to improvisation — something Cooper does a lot. One particular day of shooting comes to mind for Neeson: "This scene starts that's not on the page," he remembers. "Bradley starts this improv, and I'm going, 'What the hell is this? What is going on?' And then it would come to my line, and I'd forget my line because I was so busy watching Bradley and (director) Joe (Carnahan) getting off on each other. So it was terrifying, the first few days. I can't do that s—. I'm an old traditionalist. I like to learn my lines and deliver them."

Improvisation aside, Neeson speaks highly of the experience of making The A-Team — but he also admits there were drawbacks to working on such a big project. "It's a big studio movie, and of course there's a lot of studio input," Neeson says. "Every time we changed a semicolon, a comma, of course it had to be passed through the studio. That would get frustrating, personally speaking. Very frustrating."

"It's like if you step on a court with Michael Jordan, the court's going to feel different. (Neeson) raised everyone's game."
Bradley Cooper

For mixed martial arts fighter Quinton "Rampage" Jackson, stepping into the role of B.A. Baracus made famous by Mr. T was a point of honor more than anything else.

"There's no way I was going to come and try and outdo Mr. T," Jackson says. "I figured that if I just be myself and put myself in there, maybe the fans will accept me, because I'm such a big fan."

With The A-Team being Jackson's first major movie role, he could be excused for being a little nervous going up against the likes of Neeson and Cooper. But he managed to keep his cool, he insists — except once.

"My first scene working with Liam, when he carjacked me in the van, scared the living daylights out of me," Jackson says. "I'm from the hood. I've been shot at before, I've had a gun put to my head. But Liam scared the hell out of. He put this gun to my head, and I almost pissed myself."

Rounding out the team is South African actor Sharlto Copley, the breakout star of last year's District 9, who signed on to play loose-cannon pilot Murdoch. Possibly the biggest fan of the series in the cast, Copley found making The A-Team almost like a vacation. District 9 was very grueling, and the role was quite heavy at times emotionally. I found this actually very easy," he says, comparing the two films. "My part was the smallest of the four, so I had a lot of downtime in my trailer. I had lemurs visiting in my trailer, and had them turn it into a little petting zoo. I mean, these things you do on these big movies."

Bradley Cooper, from left, Sharlto Copley, Liam Neeson and Quinton "Rampage" Jackson star in The A-Team.

The A-Team opens Friday

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Oscar Wilde

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Geddy Lee, Neil Peart and Alex Lifeson and have been together as Rush for 40 years.

Dealing with Rush hour

KAREN BLISS
for Metro Canada

Rush: Beyond the Lighted Stage is a documentary about one of the most successful independent businesses in Canada — a rock band. But to the three members of Toronto's Rush, it's their lives, just what they've chosen to do, just like anyone chooses an occupation and dedicates their lives to it.

Rush: Beyond the Lighted Stage screens Thursday

Forty years and 40 million album sales later, lead vocalist/bassist/keyboardist Geddy Lee, guitarist Alex Lifeson and drummer Neil Peart have a fascinating story about friendship, entrepreneurialism and the pursuit of excellence, and directors Sam Dunn and Scot McFadyen tell it in a way that appeals to all people – not just die-hard fans.

"I don't think we've ever looked at it as a big story, frankly," says Lee, sitting in the downtown office of Alliance Films with Lifeson. "It's hard to think of yourself in those terms. We just put one foot in front of the other and get on with it. To see it on a screen like that is a bit overwhelming for us because it's 40 years of your life. And all those moments of putting one foot in front of the other have added up to be this big story."

Among the astounding where-did-you-find-that footage is a teenage Lifeson moaning how he wants to quit school to a 1973 concert at Laura Secord Secondary School.

The documentary serves as an example to any kid with a dream that might not be the norm.

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Attention: all aspiring TV hosts

TELEVISION Oprah Winfrey wants to give an undiscovered talent a chance to follow in her footsteps on her new cable network.

The talk show host is teaming up with reality TV producer Mark Burnett on a show searching for the next big TV personality. Your Own Show: Oprah's Search for the Next TV Star will air on the Oprah Winfrey Network beginning in January, the same month of OWN's launch.

Winfrey is ending The Oprah Winfrey Show in September 2011 after 25 seasons.

In a phone interview from Los Angeles, Burnett — the man behind such shows as Survivor and The Apprentice — said the premise fits perfectly into what people like to watch: Regular people achieving extraordinary things.

THE ASSOCIATED PRESS

primetime

DT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
6/9/10	265	353	2	TVO	Tiger Island	Tiger Island	The Agenda With Steve Paikin		Murder "Journalist"		China Blue		Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	House		Glee		The Brothel Project (N)		News Hour
	-	-	5	SRC	Squelettes	L'Épicerie	La Petite Séduction (N) (SC)		Bons baisers de France (SC)		Le Téléjournal Nouvelles. (SC)		La Zone (SC)
	209	342	6	CHRO	Canada's Worst Driver		Old Christine	The Middle	Happy Town (HDTV) (N)		Law & Order: SVU		Comedy Now
	196	311	7	CTV	etalk	Access H.	So You Think You Can Dance (HDTV) (N)				CSI: NY (HDTV)		CTV News
	208	303	8	CBC	22 Minutes	Laughs	NHL Hockey Stanley Cup Final, Game 6 -- Chicago Blackhawks at Philadelphia Flyers.						National
	-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	NHL Hockey Stanley Cup Final, Game 6 -- Chicago Blackhawks at Philadelphia Flyers.						News
	117	713	10	TVA	Poule-oeufs or	Km/h (SC)	Les Anges de la rénovation		Dieu merci! (HDTV)		TVA nouvelles	Sucré-salé	*Mariage en*
	-	-	11	QS	Wipeout (SC)	Rire et délire	Merlin Le tournoi annuel. (SC)		Lie		Criss Angel	UFC: Les Guerriers	
	137	763	12	TFO	Panorama	Trajectoires	Paradis perdus		*Oxhide* (2005, Drame)				Pour un soir
	-	362	13	CBS	The Insider (N)	Judge Brown	How I Met	Engagement	Criminal Minds (HDTV)		CSI: NY (HDTV)		Two/Half Men
	216	395	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		America's Got Talent (N)		America's Got Talent		Modern Family	Cougar Town	News
	115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	218	345	18	CHCH	*Dude, Where's My Car?* ★ (2000, Comedy)			*Ride With the Devil* ★★★ (1999, Historical Drama) Skeet Ulrich, Jewel.			(10:01) Happy Town		News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	The Middle	The Middle	Modern Family	Cougar Town			News
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This/Your Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	So You Think You Can Dance (HDTV) (N)				FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Great Performances "Pavarotti: A Life in Seven Arias"				The Priests in Concert at Armagh Cathedral			Charlie Rose
	205	312	104	CTV	etalk	Access H.	So You Think You Can Dance (HDTV) (N)				CSI: NY (HDTV)		CTV News
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)		
sports	406	417	27	net	MLB Baseball Toronto Blue Jays at Tampa Bay Rays. (HDTV) (Live)						Sportsnet Connected		Prime Time
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	That's Hockey! Playoff Edition		Boxing Mayweather vs. Mosley & Cintron vs. Williams.				SportsCentre (HDTV) (Live)		
	410	403	52	SCR	Bet Night Live				Fight Camp-	Score Now	Score Now		Score Now
	411	457	56	OLN	Ghost Hunters Academy		Destination Truth		Operate-Repo	Operate-Repo	UFO Hunters		Destin. Truth
family	417	406	59	SC	NASCAR Smart	NASCAR Hub	Pass Time	Pass Time	Pinks -- All Out (HDTV)		Wrecked	Wrecked	Pass Time
	554	544	48	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	557	540	51	FAM	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Aaron Stone	That's-Raven
	551	542	65	YTV	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Survive This	To Be Indie	Family Biz	Prank Patrol
cable variety	570	580	29	MM	The Daily Fix		Ranked!		mmtop10.ca		Family Jewels	Family Jewels	The O.C.
	615	520	31	A&E	The First 48 (HDTV)		Bounty Hunter	Bounty Hunter	Dog the Bounty Hunter		Exterminator	Exterminator	Exterminator
	628	584	32	SPKE	UFC Unleashed (HDTV)		UFC Unleashed (HDTV)		The Ultimate Fighter (HDTV) (N)				Unleashed
	521	560	34	TLC	Kate Plus 8 (HDTV)		Kate Plus 8 (HDTV)		Pregnant	Pregnant	Toddlers & Tiaras (N)		Pregnant
	145	761	35	TV5	Femmes-luttent-crime		*Le Fils préféré* (1994, Drame) Gérard Lanvin.			L'Autre émoi	J'y suis, j'y	À Table	TV5 Le Journal
	616	521	39	SHO	Tom Stone (Part 2 of 6)		*Every Second Counts* (2008, Drama) Stephen Collins.				*Sweeney Todd: The Demon Barber*		
	620	523	40	BVO	From the Spirit	Bravo!Videos	Arts & Minds	O'Reagan Files	Wingfield	Star Portraits	White Collar (Part 1 of 2)		Law & Order
	520	505	42	DIS	Daily Planet (N)		Mighty Ships (N)		Deadliest Catch		Mayday		Daily Planet
	575	583	43	CMT	Lady Antebellum: One on One		2010 CMT Music Awards Celebrating the best videos in country music. (Live)					Lady	Lady Antebell
	601	562	45	SLC	Rich Bride Poor Bride		In Laws	In Laws	End/Leash	End of Leash	End of Leash	End of Leash	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jon Dore Show	Hot Box	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	*Grosse Pointe Blank* ★★★ (1997, Romance-Comedy)				Seinfeld	Seinfeld	Law & Order
	600	564	49	H&G	House Hunters	Property Virgin	Bang, Buck	Property Shop	Flipping Out		House Hunters	House Hunters	Holmes/Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Doctor Who		Merlin (DVS)		Medium "Psych"		Stargate SG-1
	581	566	53	MTV	The City	Cribs	Cribs	Cribs	Downtown Grls	The City	The City	After	MTV Live
	618	524	54	TROP	Colin and Justin on the Estate		Hoarders		Runaway Squad (N)		Parking Wars	Parking Wars	TV -Torrens
	522	506	55	HIS	Pawn Stars	Pawn Stars	MysteryQuest (HDTV)		Ice Road Truckers (N)		Nostradamus Effect		Outlaw Bikers
	129	773	60	CD	Biographies "Soeur Angèle"		CANALD.COM:Sur demande		C'est incroyable!		Chasse	Chasse	Survivre
	261	394	61	V	Murder, She Wrote		No Place Like	Hallelujah!	Kingdom		ideaCity	Twist of Faith	Doc
	602	567	62	W	Kim	How Clean	Grocery Bag	Grocery Bag	Cupcake Girls	Cupcake Girls	*Nightwaves* (2003, Drama) Sherilyn Fenn.		
	269	350	70	APTN	Investigates	Sounds Like Motown		Down2Earth	Canadian Geographic		Mighty River	Bern Will Brown	
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	603	561	95	FN	Ricardo	Eat, Shrink	Challenge		Restaurant Makeover		Chopped "Fired Up!"		Chef School

critics'corner

CSI: NY
When a recovering drug addict with a lot to live for is found dead in an alley, Mac (Gary Sinise) and the team learn he may have been the victim of a premeditated plot in "Second Chances." Vanessa Minnillo, Kim Kardashian, Lala Vazquez and Pat Monahan of the Grammy-winning group Train guest star; Melina Kanakaredes, Carmine Giovinazzo, Hill Harper and Eddie Cahill also star. 10 PM on 13 CBS 7 CTV

The Brothel Project
You may not think about the world's oldest profession the same way again after watching this documentary. It chronicles the efforts of activist and journalist Jody Paterson and retired sex worker Lauren Casey to challenge prevailing attitudes and laws and open a cooperative brothel — a safe workplace for those in Victoria's now-underground sex industry. They're joined by a working prostitute and a booking agent who share their vision. 10 PM on 3 GTV

Striptease star will continue to expose herself

Demi Moore, an actress famous for showing all, will now tell all. HarperCollins announced Monday that it had acquired a "candid" memoir by the raspy-voiced star. The book will cover her life and career and is tentatively scheduled for release in 2012. THE ASSOCIATED PRESS

Celebrity Buzz

Brown-out in Britain

MAYBE THEY'RE JUST HUGE RIHANNA FANS Britain says U.S. singer Chris Brown has been denied entry into the United Kingdom, postponing his tour.

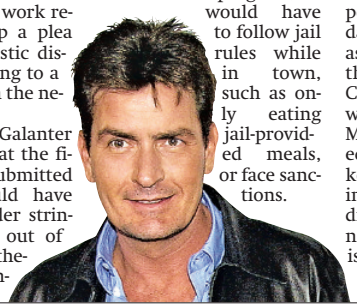
Brown had been scheduled to perform, but the British government said he had been refused a visa because of his past criminal record. Last year Brown was sentenced to six months probation for the beating of his then-girlfriend, R&B sensation Rihanna.

THE ASSOCIATED PRESS

Small details hamper Charlie's plea bargain

WHILE EQUAL JUSTICE GOES UP IN SMOKE A disagreement over the terms of Charlie Sheen's proposed work release has held up a plea deal in the domestic dispute case, according to a lawyer involved in the negotiations.

Attorney Yale Galanter said yesterday that the final paperwork submitted to a judge would have placed Sheen under stringent rules while out of jail working at theatre company, including not being able to smoke. Under the useful service program, he would have to follow jail rules while in town, such as only eating jail-provided meals, or face sanctions.



The jail also offers less strict work release arrangements, allowing people to report to their day jobs and essentially act as regular citizens during the day. However, Pitkin County sheriff's spokeswoman Deputy Marie Munday said that's intended for locals who need to keep their jobs while serving time. She said Sheen didn't qualify because he's not a resident with an existing job.

THE ASSOCIATED PRESS

TV star opens up about bisexuality

STANDING UP FOR THE RIGHTS OF VAMPIRES WORLDWIDE After sneaking the revelation that she is bisexual into a public service announcement in April, Anna Paquin is opening up about the issue. "It wasn't like it was a big secret. It was just a cause I cared about and privately supported but not one that I had ever had an opportunity to speak out about in a way that would be useful," she tells Zap2it. "Obviously, as someone who identifies as bisexual, those are issues I really care about. And frankly, I don't see why everyone doesn't care about them," she says of Cyndi Lauper's True Colors Fund, which lobbies for equal rights issues.

The Oscar winner plays Sookie Stackhouse on hit HBO series True Blood, and is engaged to co-star Stephen Moyer.

METRO WORLD NEWS

A wedding fit for a superspy

SADLY, PULLING OFF A TOP SECRET AFFAIR LOSES HALF THE FUN IF NO ONE WAS PARTICULARLY INTERESTED IN THE FIRST PLACE British actress and former Bond girl Gemma Arterton used some spy tricks of her own to pull off a top-secret wedding in Spain to fiancé Stefano Catelli, according to the Daily Mail.

Guests reportedly weren't told the location when they answered their invitations. As for her dress, Arterton recently told In-style magazine, "There's this beautiful scene in (Franco) Zeffirelli's Romeo and Juliet where she runs out of the bedroom after a night with Romeo, and she's wrapped up in a sheet. She looks so gorgeous. My wedding gown is kind of like that."

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

JESSICA SIMPSON makes the most important discovery of her life, **JOHN CUSACK** is trying to keep his eyes open, and **ELIZA DUSHKU** is trying to be the mature one

@JessicaSimpson I just might like Earth Balance more than butter thanks to one of my vegan friends

@johncusack friendship tour in china– jetlagged and ready for anything ..

@elizadushku Peace & forgiveness to the snarky girl on Sunset Blvd I just called an 'idiot' who then called me a '$*!,;+?' in return. All good!

METRO NEWS SERVICES

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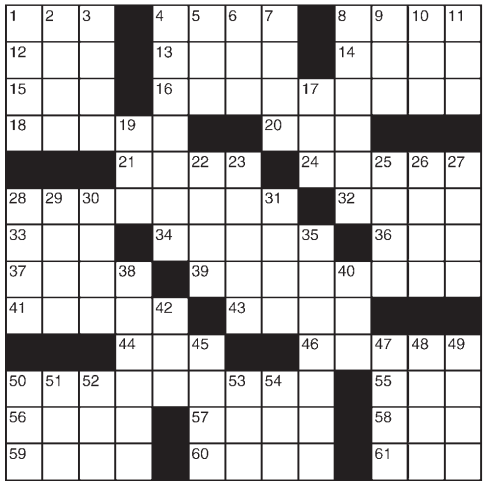
Thursday 90% Rain 18°/12°
Friday Partly cloudy 24°/15°
IT'S LIKE HAVING A METEOROLOGIST LIVING IN YOUR POCKET. Get your weather on the go with theweathernetwork.com

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 Outdated
4 Woodpecker's feature
8 Bullets and such
12 Long March leader
13 Hodgepodge
14 Fly high
15 Doctrine
16 Percussion instrument
18 Larceny
20 Atl. counterpart
21 Tress
24 Possibly
28 Greek historian
32 Christmas refrain
33 Previous night
34 Monica of tennis
36 Tibetan bovine
37 Approach
39 Yellow
41 Opening stakes
43 Antitoxins
44 Take blades to blades
46 Bring out
50 Fan of things foreign
55 Spacecraft compartment
56 "— Rhythm"
57 Tackle texts
58 Strange
59 Aching
60 Troubles
61 Unfavorable vote

DOWN

1 Leave out
2 Whip
3 Cupola
4 Redeemable proofs-of-purchase, once
5 Actor Ron
6 Have a bug
7 Former surgeon general
8 Refuse receptacle
9 Cattle call?
10 Fellow
11 Raw rock
17 Singer Tillis
19 "Alice" waitress
22 Cereal used in "party mix"
23 Caffeine-rich nuts
25 Toy on a string
26 Suitor
27 BPOE members
28 TV's "Warrior Princess"
29 Divisible by two
30 Tidy
31 Hawaiian goose
35 Thoroughfares
38 Distant
40 Possessed
42 Bribe
45 "That's a relief!"
47 "Once — a time, ..."
48 Last few notes
49 Vortex
50 Greek consonants
51 Id counterpart
52 Neither mate
53 Altar affirmative
54 Whopper

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5			2		8			
2	3						7	4
	1			4		8		
	2		6	9				7
		3				6		
1				5	7		4	
		1		3			9	
3	7						1	2
			7		9			5

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

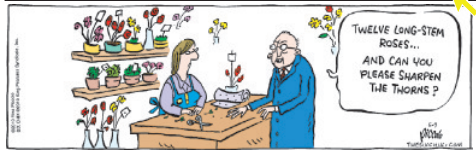
B	E	A	M	■	D	U	E	L
A	R	I	A	■	A	N	T	I
Y	A	R	D	S	T	I	C	K
■	■	M	E	E	T	■	E	D
E	M	C	E	E	■	■	A	N
L	O	A	N	■	L	O	W	E
B	A	R	■	C	O	D	E	D
A	N	D	R	O	I	D	S	■
■	■	S	U	M	S	■	■	R
O	C	H	E	R	■	G	E	E
B	O	A	■	A	A	R	D	V
O	A	R	■	D	R	A	G	■
E	L	K	■	E	M	M	Y	■

H	E	M	■	■	■	■	■	■
A	T	E	■	■	■	■	■	■
R	U	T	■	■	■	■	■	■
■	■	I	E	■	■	■	■	■
■	■	■	W	■	■	■	■	■
■	■	■	I	N	G	■	■	■
■	■	■	R	O	E	■	■	■
M	E	S	A	■	■	■	■	■
R	I	D	E	R	■	■	■	■
■	■	■	■	■	■	■	■	■
A	R	K	S	■	■	■	■	■
D	E	E	P	■	■	■	■	■
O	D	A	Y	■	■	■	■	■

6	4	9	5	2	7	1	8	3
8	2	5	4	3	1	7	6	9
3	7	1	9	6	8	5	2	4
5	3	8	2	1	6	9	4	7
2	9	7	8	4	5	6	3	1
4	1	6	7	9	3	2	5	8
1	8	2	3	5	9	4	7	6
7	6	4	1	8	2	3	9	5
9	5	3	6	7	4	8	1	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Tex-Mex Picadillo

INGREDIENTS:

500 g lean ground beef
2 cloves garlic, minced
540 ml can stewed tomatoes, undrained and cut up
1 medium-size apple, unpeeled and chopped
4 large green onions with tops, finely sliced
1/3 cup raisins
1/4 cup water
2 tbsp chopped pimento-stuffed green olives
1 tbsp minced pickled jalapeño
1 tbsp vinegar
1 tsp sugar
1/2 tsp celery seeds
1/2 tsp each ground cinnamon and ground cumin
1/4 tsp each salt and black pepper
1/8 tsp ground cloves

METHOD:

1. In skillet, cook ground beef and garlic over moderately high heat until meat is browned. Drain off fat.

2. Stir in tomatoes, apple, green onions, raisins, water, olives, jalapeño pepper, vinegar, sugar, celery seeds, cinnamon, cumin, salt, black pepper and cloves.

3. Bring to boil. Lower heat and simmer, covered, 20 minutes. Serve over hot cooked rice.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Today's cosmic picture promises a surprise of some sort, and while there is nothing to fear it might be wise to stay on good terms with family and friends.

TAURUS ♉
APRIL 21-MAY 21
You must stay impartial, no matter how committed you may be to a particular viewpoint or set of beliefs.

GEMINI ♊
MAY 22-JUNE 21
You would be wise not to believe everything you see and hear over the next 24 hours. Could it be that someone is trying to trick you?

CANCER ♋
JUNE 22-JULY 22
Why are some issues so hard to get your head around? Whatever the reason you will have to battle against chaos and confusion. It's a battle you can, and must, win.

LEO ♌
JULY 23-AUG 23
You are not responsible for other people's failings, nor should you help them too much. The last thing you want is for them to come to rely on you.

VIRGO ♍
AUG 24-SEPT 22
Set yourself targets you know you will be able to reach and allow yourself plenty of time to relax. And don't panic if you find yourself behind schedule.

LIBRA ♎
SEPT 23-OCT 23
Your latest idea may be a great one but a friend or colleague can see something about it that you have missed.

SCORPIO ♏
OCT 24-NOV 22
Why do so many people insist on seeing only the negative side of your proposals? Don't let it worry you. You'll make it happen, with or without them.

SAGITTARIUS ♐
NOV 23-DEC 21
It is impossible for even an astrologer to predict how a certain situation will work itself out, so err on the side of caution.

CAPRICORN ♑
DEC 22-JAN 20
You may not want to give someone a hard time over a mistake but if you let them get away with it they might make even bigger mistakes in the future.

AQUARIUS ♒
JAN 21-FEB 18
Do you stick with what you know and trust or do you strike out in a radical and original direction? It's all about new.

PISCES ♓
FEB 19-MARCH 20
You seem to be of the opinion that nothing can possibly go wrong in your life and you are probably right. But don't take anything for granted.

This day in history

1534: Jacques Cartier is the first European to discover the Saint Lawrence River.
1928: Charles Kingsford Smith completes the first trans-Pacific flight in a Fokker Trimotor monoplane, the Southern Cross.
1934: Donald Duck makes his debut in The Wise Little Hen.
1959: The USS George Washington is launched. It is the first submarine to carry ballistic missiles.
1993: The Minnesota North Stars were relocated to Dallas, and were renamed the Dallas Stars.

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GL Sport model shown

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2011 SONATA All-new midsize sedan with style and luxury.

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"The Hyundai names, logos, product names, feature names, images and slogans are trade marks owned by Hyundai Auto Canada Corp. "2010 FIFA World Cup™ South Africa Official Partner copyright © 2010 Hyundai Motor Company. All rights reserved. ♦Prices for models shown: 2011 Sonata Limited is $30,700/2010 Tucson Limited is $34,945/2010 Santa Fe Limited is $37,695. Delivery and Destination charges of $1,565 for 2011 Sonata/$1,760 for 2010 Tucson/$1,760 for 2010 Santa Fe. fees, levies, charges and all applicable taxes (excluding PST and GST) are included. Registration, insurance, and license fees are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. **Starting price for 2010 Accent 3 Dr 5-speed is $11,530/2010 Elantra L is $13,530.** Delivery and Destination charges of $1,495 for Accent 3 Dr L/ $1,495 for Elantra L. fees, levies, charges and all applicable taxes (excluding PST and GST) are included. Registration, insurance, and license fees are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2010 Accent L 3Dr 5-speed for $11,530 at 0% per annum equals $192.17 per month for 60 months for a total obligation of $11,530. Cash price is $11,530. Example price includes Delivery and Destination of $1,495/$1,495 fees, levies, charges and all applicable taxes (excluding PST and GST). Registration, insurance and license fees are excluded. Starting price for 2010 Elantra L is $13,530. Delivery and Destination charges of $1,495/$1,495 fees, levies, charges and all applicable taxes (excluding PST and GST). Registration, insurance and license fees are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ††Finance offers available O.A.C. from Hyundai Financial Services based on new 2010 Accent 3 Dr 5-speed/Elantra L 5-speed with an annual finance rate of 2.9%/2.9% and 0%/0%. Monthly payments are $151/$179 for 84/84 months and $193/$226 for 60/60 months. No down payment is required. Dealer participation of $500 for 2010 Accent L 3Dr/$500 for 2010 Elantra L is included. Finance offers include Delivery and Destination of $1,495/$1,495 fees, levies, charges and all applicable taxes (excluding PST and GST). Registration, insurance, and license fees are excluded. Purchase financing also available O.A.C. from Hyundai Financial Services on 2011 Sonata GL/2010 Tucson GL AWD/2010 Santa Fe GL 2.4L models with a finance rate of 1.9%/0.9%/0% for 60/60/60 month terms. Finance offers include Delivery and Destination of $1,565/$1,760/$1,760. fees, levies, charges and all applicable taxes (excluding PST and GST). Registration, insurance and license fees are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2010 Accent L 3Dr 5-speed for $11,530 at 0% per annum equals $192.17 per month for 60 months for a total obligation of $11,530. Cash price is $11,530. ◊See your dealer for eligible vehicles and full details of the Graduate Rebate Program. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions, subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ΔSee your dealer for eligible vehicles and full details of the Graduate Rebate Program.